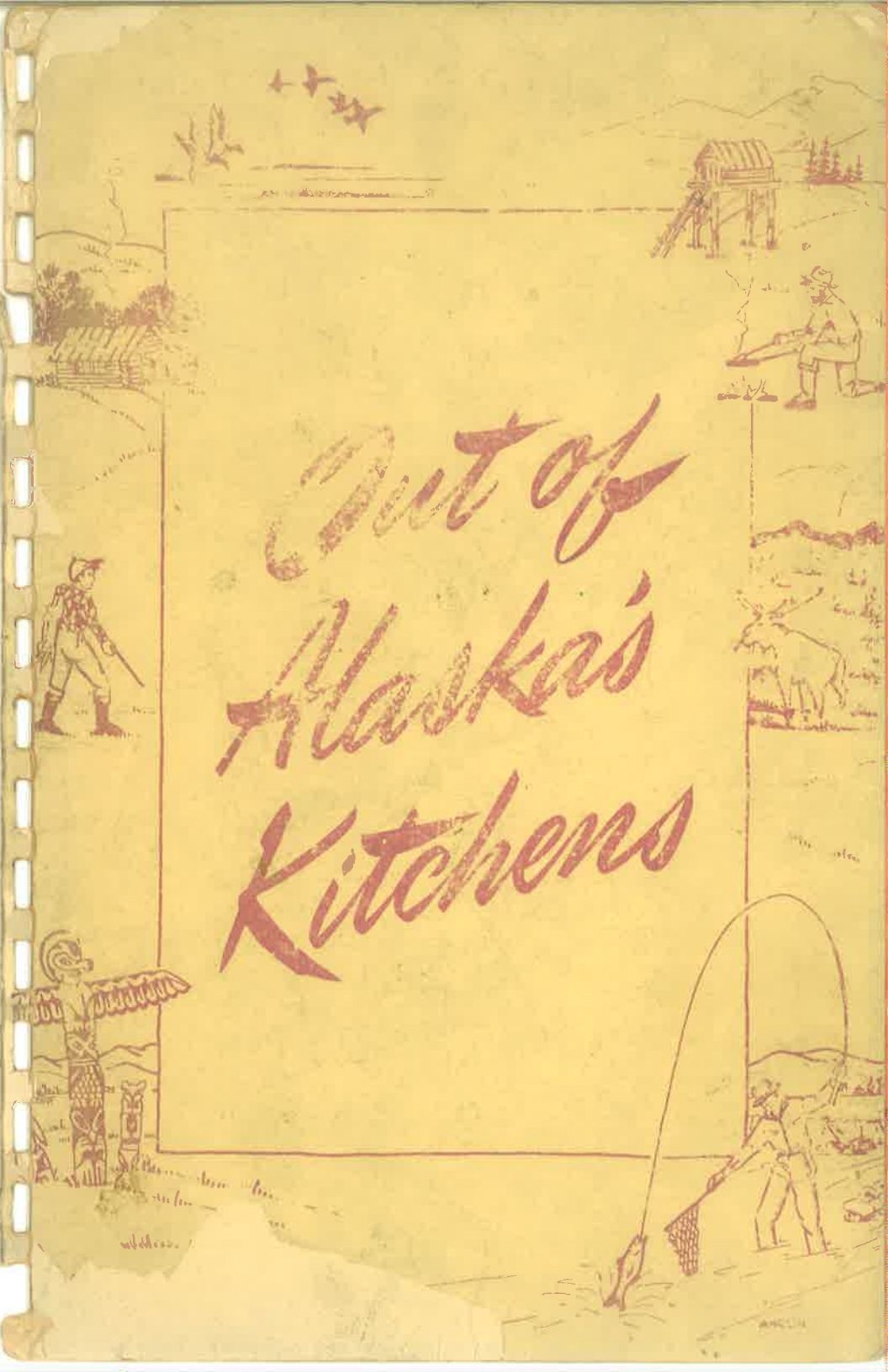


Out of Alaska's Kitchens



From Grandmother Vancou Sept. 2

Out of Alaska's Kitchens



By Members of
ALASKA CRIPPLED CHILDREN'S ASSOCIATION
Territorial Headquarters
Anchorage, Alaska

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IN APPRECIATION

The committee in charge of the compilation of "Out of Alaska's Kitchens" had hoped to print the individual names of the contributors of each recipe submitted. However, this has not been feasible, as thousands of recipes were sent in and only 635 could be used; also, it frequently occurred that identical or very similar recipes were submitted by two or more persons.

The committee has therefore decided to list the names of all those to whom we are indebted for their contributions of favorite recipes.

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FOREWORD

There are 80,000 people in Alaska. One out of every hundred is a crippled child. We find these children in the wind-swept Aleutians, on the barren tundras of the North, on the forested shores of Southeastern Alaska, and in our towns and cities. Many of them are hundreds of dog-team and airplane miles from medical care. This presents a problem as vast as the Territory itself.

The Alaska Crippled Children's Association is a non-profit corporation organized by Alaskans to provide orthopedic treatment for these children. Such orthopedic care in a hospital costs approximately \$4,000.00 a year per child. The publication of this book is one of our money-raising projects. All profits from its sale go to aid these handicapped boys and girls.

Alaska is famous for its cooks, and the Board of Trustees of the Alaska Crippled Children's Association takes pleasure in making these selected recipes available to you. If you have enjoyed them, buy "Out of Alaska's Kitchens" for your friends. Copies may be obtained by sending \$2.50 for each book plus 25 cents to cover cost of handling and mailing, to the Alaska Crippled Children's Association, Anchorage, Alaska.

HELP US TO HELP THEM!

ALASKA CRIPPLED CHILDREN'S ASSOCIATION

By: Mrs. Marshall Hoppin, President

**"It's all decreed—the mighty earthquake crash,
The countless constellations' wheel and flash;
The rise and fall of empires, war's red tide;
The composition of your dinner hash."**

—Excerpt from "Quatrains"

Reprinted from the Complete Poems of Robert W. Service
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KODAKROME BY CHARLES R. NELSON

A Food Cache

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DESSERTS

DANISH APPLE CAKE

Boil 6 apples to thick sauce sweetened with $\frac{1}{2}$ cup sugar. Slice $\frac{1}{2}$ loaf of bread and dry to crisp. Run through meat grinder and mix in 2 tbsps. sugar. Brown $\frac{1}{4}$ cup butter in frying pan, put in bread crumbs and brown. Butter a deep dish and put in layer of bread crumbs, one of apple sauce, and one of jelly. Repeat until dish is full. Chill and serve with whipped cream.

APPLE PUDDING

Beat 1 egg	Add 2 cups flour sifted
Add 1 cup milk	2 level tsp. baking powder and
1 tbsp. melted butter or other shortening	Pinch of salt—sifted together

Mix well and spread into a greased shallow pan. Press into the batter as many apples (quartered) as you desire. Cover top with

$\frac{1}{2}$ cup brown sugar	1 tsp. cinnamon
2 (or more) tbsp. melted butter	

Bake 350 degrees about 45 minutes. Serve with cream or any sweet sauce.

APRICOT COBBLER

Have 4 cups fruit and juice	4 tablespoons butter melted
2 eggs well beaten	$1\frac{1}{2}$ cups sugar
2 cups sifted flour	2 teaspoons baking powder
$\frac{1}{2}$ cup milk	1 teaspoon vanilla

Mix above ingredients in order given, alternating with milk and flour. Put fruit in buttered baking dish, approximately 10-inch square. Reserve juice for sauce. Pour batter over fruit and bake in oven 375 degrees for one hour. Serve with juice made into sauce as follows:

1 cup sugar	2 cups boiling juice
2 tablespoons butter	1. teaspoon lemon or almond
2 tablespoons flour	flavor

Cook until flour is done. Serve warm. Serves 6 or 8.

APPLE NUT PUDDING

5 tablespoons flour	2 eggs, separated
1 teaspoon baking powder	3 medium sized apples (pared and diced)
$\frac{3}{4}$ cup sugar	
Salt	$\frac{1}{2}$ cup chopped walnuts

Mix flour, sugar, baking powder and salt. Add beaten egg yolk and mix well. Stir in diced apples and nuts (chopped). Mix well. Fold in stiffly beaten egg whites. Turn into well buttered pyrex pie pan. Bake 30 minutes in moderate oven (350 degrees), cool. Cut like pie, serve with whipped cream. Serves 6.

BLUEBERRY BUCKLE

$\frac{1}{4}$ cup shortening	2 cups flour
$\frac{1}{2}$ cup sugar	2- $\frac{1}{2}$ tsp. baking powder
1 egg	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	1 pint blueberries

Mix the batter as for muffins. Pour into a greased tin; cover with blueberries. Top with the following crumb mixture:

$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{3}$ cup flour	$\frac{1}{4}$ cup butter

Mix with a fork. Sprinkle on the blueberries. Bake 50 to 60 minutes at 350 degrees. Serve warm with whipped cream.

If fresh berries are not available, canned ones may be used. Drain the juice from 1 pint of berries, add 1 cup sugar mixed with $\frac{1}{4}$ teaspoon salt and 2 $\frac{1}{2}$ tablespoons minute tapioca. Bring to boil, pour over berries and cool.

BREAD PUDDING

4 cups milk	3 tablespoon melted butter
2 cups bread crumbs (break lightly into cup—either moist or dry bread)	3 eggs
	$\frac{1}{2}$ teaspoon salt
	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon lemon extract

Scald milk, pour over bread crumbs; when cool whip with rotary beater until smooth. Beat sugar and eggs well, add balance of ingredients; place in pan of hot water and bake like custard.

APPLE PAN DOWDY

- | | |
|-----------------------|-----------------------------|
| 1/2 cup sugar | 3 lbs. pared, sliced apples |
| 1/2 teaspoon cinnamon | 1/2 cup molasses |
| 1/4 teaspoon nutmeg | 3 tablespoons butter |
| 1/4 teaspoon salt | 1/4 cup water |

Line casserole with pie crust. Mix sugar, spices and salt. Sprinkle over apples. Add molasses, butter and water. Cover with punctured pie crust. Tuck edges together, press to sides of casserole. Bake at 425 degrees for 30 minutes. With spoon break top crust into pieces and fold them into apple filling. Return to oven and bake 15 minutes at 350 degrees. Serve with cream.

BLUEBERRY CRUMB PUDDING

- | | |
|-----------------------|-----------------------------|
| 1 cup zwieback crumbs | 3 tablespoons melted butter |
| 1/4 cup sugar | 2 cups fresh blueberries |
| 1/4 teaspoon cinnamon | Whipped cream |

Combine crumbs, sugar and cinnamon; add butter and mix well. Place 1 cup blueberries in small, greased casserole; cover with half the crumb mixture; add remaining blueberries and top with remaining crumbs. Press down firmly with spoon. Bake in moderate oven (350 degrees) thirty minutes. Chill thoroughly. Cut in squares and top with unsweetened whipped cream. Serves 4 to 6.

DANISH CARAMEL CUSTARD

- | | |
|------------------------------|-------------------------|
| 1/3 cup sugar (to carmelize) | 1 1/2 cups milk—scalded |
| 1 1/2 tbsp. sugar | 1/4 tsp. vanilla |
| 1/3 cup water | Salt |
| 2 eggs | |

Scald the milk; in the meantime carmelize the sugar. When the sugar is melted, add the water and cook until the mixture is free from lumps. Put 1 to 2 tablespoonfuls of the syrup in bottom of each buttered custard cup and pour carefully over the back of a tablespoon the scalded milk mixed with the sugar, salt, beaten eggs and vanilla. Stand cups in pan of hot water. Bake at 325 F. until firm when a sharp pointed knife put in the center comes out clean. 45 minutes to cook.

BLUEBERRY SHORTCAKE

4 cups self-rising pancake flour 1 1/3 cups milk
1/2 cup butter 2 to 3 cups blueberries

Sift and measure flour. Cut in the butter. Add the milk and mix lightly with a fork.

Turn a bit more than half the dough into a well-greased shallow pan and press out to the edges. Brush with melted butter and cover with waxed paper extending over sides of pan. Grease the paper and place rest of dough on top, patting it out to within 1/2 inch of sides of pan. Brush with melted butter and sprinkle lightly with sugar. Bake in hot oven, 450, 25 to 30 minutes. Lift off top layer by paper.

Slip lower crust onto a hot platter and cover with sweetened berries. Place top crust over berries and cover with more berries. Makes one 9 by 12-inch shortcake and serves eight persons. Serve plain or with cream.

CARROT PUDDING (Steamed)

2 cups flour (if whole wheat is used, reduce quantity slightly)	1 cup raw grated potatoes (or apples)
1 cup sugar	1 cup raw grated carrots
2 cups suet chopped fine (Moose suet works fine)	2 teaspoonfuls soda
2 cups raisins	Spices to taste, 1/2 teaspoon each (e.g. cinnamon, allspice and nutmeg)
1 cup nut meats (optional)	

Whip ingredients together and steam three hours or cook in pressure cooker at 15 pounds pressure about 40 minutes. Can use two-pound butter cans for molds, greasing them, including the lid, and filling them about 2/3 full. If cooked in pressure cooker they should be allowed to steam for about 10 minutes with the lid closed before shutting the petcock.

Serve with hot sauce—melt butter and flour together, add hot water and cook smooth. Sweeten to taste and flavor with rum and lemon, or vanilla.

CHERRY PUDDING JANSEN

- | | |
|---------------------------------------|----------------------------|
| 1 cup canned pie cherries,
drained | 1 cup sugar |
| $\frac{1}{2}$ cup walnuts, chopped | 1 tablespoon melted butter |
| 1 egg | 1 cup flour |
| | 1 teaspoon soda |

Beat the whole eggs until light. Add sugar and melted butter and beat well. Stir in drained cherries and add flour, which has been sifted with soda. Add chopped walnuts and spread in a well-greased 9x12 pan. Bake for about 30 minutes in a 350 degree oven. (If you double recipe, bake 45 minutes). This can be made several days before using as aging improves the flavor. Line pan with well-greased paper before adding batter and take it off immediately when pudding is baked. Cut in squares, serve with whipped cream and top with a cherry.

BOILED CUSTARD

- | | |
|-------------------------|---------------------|
| 3 cups scalded milk | 2 eggs |
| $\frac{3}{4}$ cup sugar | 1 tablespoon butter |
| Pinch salt | 1 teaspoon vanilla |
| 3 tablespoons flour | |

Scald the milk and add it to the flour, sugar, salt and beaten egg yolks, which have been blended together before. Cook until thick, stirring constantly, then remove from fire and add the butter and vanilla. Cool slightly. Gradually fold in the stiffly beaten egg whites. Pour into dessert dishes or sherbets. A dash of nutmeg may be added before serving. Serves 8.

COTTAGE CHEESE CUSTARD

- | | |
|--|--------------------------------|
| 3 well beaten eggs | 1- $\frac{1}{2}$ cups milk |
| $\frac{1}{3}$ cup sugar | $\frac{1}{4}$ teaspoon salt |
| 1 $\frac{1}{2}$ cups cottage cheese,
strained | $\frac{1}{4}$ teaspoon vanilla |

Combine ingredients in the order given. Turn the mixture into buttered custard cups, place them in a pan of hot water and bake in a moderate oven 325 degrees for 1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ hours. Serve cold. Serves 6.

CHOCOLATE ROLL

5 eggs, beaten separately

Add to the yolks 5 teaspoons of sugar and 5 teaspoons of baker's cocoa, pinch of salt. Beat 5 minutes. Fold in beaten egg whites. Grease pan well and line with waxed paper. Bake in slow oven 20 or 25 minutes; turn out on tea towel when cooled down a little. Remove waxed paper. Roll in towel when cold. Before serving whip $\frac{1}{2}$ pint cream, add sugar and vanilla and fold into roll. Place on platter and pour over sauce.

SAUCE FOR CHOCOLATE ROLL

Beat one egg; add 1 cup sugar, $1\frac{1}{2}$ tablespoons Baker's cocoa. Beat. Cook in double boiler for a short time. Pour over roll and serve.

CREAM PUFFS

$1\frac{1}{2}$ cups flour

5 eggs slightly beaten

$\frac{2}{3}$ cup butter

Soda size of a pea

1 cup boiling water

1 tsp. vanilla

Boil butter and water together until butter is melted and stir in flour while boiling. Remove from fire and beat until smooth. Then add eggs, soda and flavoring and beat. Drop in buttered pan about a tablespoon to a puff—2 or 3 inches apart. Bake $\frac{1}{2}$ hour in quick oven. Be sure not to open oven until half hour is up. When cold split and fill with whipped cream sweetened with powdered sugar.

BAKED CRANBERRY PUDDING

2 cups flour

3 tablespoons sugar

4 teaspoon baking powder

$1\frac{1}{4}$ cups milk

$\frac{1}{2}$ teaspoon salt

1 $\frac{1}{3}$ cups sweetened cranberry
sauce

1 egg

1 teaspoon lemon juice

2 tablespoons melted butter

Mix and sift dry ingredients. Stir in milk gradually, then add the well-beaten egg and melted butter last. Butter a glass baking dish. Cover bottom with a thick layer of cranberry sauce, to which the lemon juice has been added; then a layer of batter, which should be the consistency of drop biscuits. Bake uncovered at 400 degrees 45 minutes to 1 hour.

CHOCOLATE BROWNIE WAFFLES

1/2 cup shortening	1/2 teaspoon cinnamon
1 cup granulated sugar	1/2 cup bottled milk or 1/4 cup
2 squares unsweetened chocolate, melted	evaporated milk and 1/4 cup water
2 eggs, well beaten	1 teaspoon vanilla extract
1/2 teaspoon salt	1/2 cup chopped walnuts (optional)
1-1/4 cups sifted cake flour	

Work shortening with a spoon until fluffy and creamy. Gradually add sugar, while continuing to work with a spoon until light. Add melted chocolate and eggs and blend well. Sift together the dry ingredients and add alternately with the milk, to which the vanilla has been added. Add nuts and mix thoroughly. Bake on a waffle iron, following manufacturer's instructions for operating. Makes 6 waffles. Serve topped with vanilla or coffee ice cream, or with whipped cream. These waffles require no baking powder. These waffles are quite rich and make a whole meal in themselves.

CHOCOLATE SUNDAE PUDDING

1 cup sifted all-purpose flour	1/2 cup milk
2 teaspoons baking powder	1/2 cup chopped nuts
1/2 teaspoon salt	2 tablespoons melted butter
2 tablespoons cocoa	1 teaspoon vanilla
2/3 cup sugar	

Sift all dry ingredients into mixing bowl. Add milk, nuts, butter and vanilla, and blend well. Pour into greased casserole. Mix together

1/4 cup white sugar	1/4 teaspoon salt
1/2 cup brown sugar	1 teaspoon vanilla
3 tablespoons cocoa	

Spread evenly over batter. Pour 1 cup boiling water over all. Do **not stir**. Bake 1 hour at 350 degrees, covering casserole the last half hour. A crust forms on top, with fudge layer below. Serve hot or cold with whipped cream.

DATE LOAF

Chop fine 1 cup nut meats	Crush $\frac{1}{2}$ lb. graham crackers
Whip until stiff 1 cup heavy cream or Avoset	Remove pits and cut into small pieces 2 cups dates, about 1 pound
Fold in 1 teaspoon vanilla	Cut into pieces $\frac{1}{2}$ lb. marshmallows

Combine $\frac{1}{2}$ cracker crumbs with the dates, marshmallows, nuts and whipped cream. Shape into a roll. Roll in remaining cracker crumbs. Chill 12 hours. Cut in slices and serve with additional whipped cream, cream or ice cream. Serves 12.

STEAMED DATE PUDDING

1 cup dates stoned	$\frac{1}{2}$ cup flour
$\frac{1}{4}$ cup hot water	$\frac{3}{4}$ teaspoon baking powder
Pinch soda	$\frac{1}{2}$ teaspoon salt
2 egg yolks	3 tablespoons butter
$\frac{1}{2}$ cup powdered sugar	2 egg whites

Cut dates in small pieces and pour over them the soda and hot water. Beat yolks until thick and lemon colored, then gradually beat in the sugar. Combine with date mixture and fold in flour mixed with baking powder and salt. Then fold in stiffly beaten whites and melted butter. Steam one hour and serve with pudding sauce.

DOUBLE BOILER PUDDINGS AND PIE FILLINGS

I. CORNSTARCH PUDDING	$\frac{1}{8}$ teaspoon salt
2 cups milk	3 tablespoons cornstarch
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla

Scald milk. Thoroughly blend sugar with salt and cornstarch. Dump into hot milk in double boiler, cover, cook without stirring for twenty minutes. Remove from heat, beat with rotary beater until smooth. Add vanilla. Mold and chill. Serves 6.

II. BUTTERSCOTCH PUDDING

2 cups milk	1/3 cup flour
2 tablespoons butter	1/4 teaspoon salt
3/4 cup brown sugar	1/2 teaspoon vanilla

Scald milk and butter in double boiler. Thoroughly blend sugar flour and salt. Dump into hot milk, cover, cook 20 minutes. Remove from heat, beat until smooth, add flavoring. Serves 6.

III. CREAM PUDDING

Same as butterscotch pudding, substituting 2/3 cup white sugar for brown sugar.

IV. BUTTERSCOTCH PIE FILLING

(One 9-inch pie)

Same as butterscotch pudding, adding 1 egg or 2 egg yolks. Proceed as directed until pudding is smooth. Pour part over beaten egg, return to double boiler and cook 2 minutes, beating to blend. Add flavoring.

V. CHOCOLATE PUDDING

2 cups milk	2/3-1 cup sugar
2 tablespoons butter	1/4 cup flour
2 squares chocolate or 1/3 cup cocoa	1/4 teaspoon salt
	1/2 teaspoon vanilla

Scald milk, butter (and chocolate, cut in pieces, if used). Thoroughly blend sugar, flour (and cocoa, if used). Dump into hot milk in double boiler, cover, cook 20 minutes. Remove from heat, beat until smooth, add flavoring. Serves 6.

LEMON DESSERT

1 cup sugar	2 eggs
1 heaping tablespoon flour	1/4 teaspoon salt
1 tablespoon melted butter	Rind and juice of one lemon
1 cup milk	

Mix sugar, flour, salt, butter, grated rind and lemon juice together. Add milk, mixed with beaten egg yolks. Fold in stiffly beaten egg whites. Cook as baked custard in moderate oven for 40 minutes.

GRAHAM CRACKER DESSERT

24 graham crackers rolled fine 2 teaspoon baking powder
1½ cup butter ½ cup walnuts
1 cup sugar 2 eggs beaten separately
1 cup sweet milk

Cream butter and sugar, add beaten yolks. Add baking powder to the crumbs. Mix cracker mixture alternately with milk; add beaten egg whites and bake 45 minutes in moderate oven.

SAUCE

1 cup sugar 1 small can crushed pineapple
Cook together until thick; pour over cake while both are hot and let stand overnight. Serve with whipped cream.

ENGLISH TOFFEE ICE BOX PUDDING

2 cups powdered sugar 1 cup broken walnuts
2 tablespoons cocoa 1 teaspoon vanilla
¼ teaspoon salt 1 cup cream for topping
½ cup butter 1¾ cup vanilla wafer crumbs
2 eggs or graham cracker crumbs

Sift sugar, measure and sift again with cocoa and salt. Cream butter, add sugar gradually, cream until light and fluffy. Add unbeaten egg yolks, one at a time, beat well, add nuts and flavoring. Fold in stiffly beaten egg whites. Line a pan with waxed paper and spread half or more of vanilla wafer crumbs on bottom, add mixture and top with remaining crumbs. Chill for 6 or 8 hours and cut in squares and top with whipped cream.

ICE BOX PEACH PIE

1 No. 2-½ can peaches (free- 1 small bottle marachino cher-
stone, halves) drained ries
12 graham crackers ¼ cup chopped walnuts
1 bottle Avoset or 1 pint whip-
ping cream

Roll graham crackers fine and line deep pie plate. Fill bottom layer with peaches, cut side down. Whip Avoset, sweeten to taste, add vanilla and pour over peaches. Top with marachino cherries and chopped walnuts. Place in refrigerator two to three hours.

ICE BOX PUDDING

2 squares chocolate

1/2 cup granulated sugar

1/4 cup water

Let this cook about five minutes. Add the yolks of four eggs, stirring after the addition of each; cook five minutes. Allow to cool. Cream together

1 cup butter

2-1/2 cups confectioner's sugar

Thoroughly mix two mixtures together; add vanilla and stiffly beaten egg whites. Line a pan with lady fingers or a sponge cake and pour in pudding. Top with more lady fingers or sponge cake. Let stand in ice box at least twelve hours. Fills a pan or pyrex baking dish about 6x10. Serves 6 to 8.

BAKED LEMON PUDDING

1 qt. milk

1 cup sugar

2 cups bread crumbs

Juice of 1 large lemon

4 eggs (whites and yolks sep-
arate) Butter the size of an egg

Heat milk and pour over crumbs, add butter, and let stand until cool. Then beat yolks and sugar and add to mixture, also grated lemon rind. Bake in buttered dish until firm and slightly brown. When done, cover with meringue made of whites beaten to which add 4 tablespoons powdered sugar and lemon juice. Put back into oven and brown. Serve warm with lemon sauce.

ORANGE PUDDING

1 medium size orange — 1/2 lemon. Squeeze juice, add 1 cup sugar and set aside. Grind remainder of orange and lemon, add 1 cup ground raisins and 1/2 cup chopped walnuts. Cream 1/3 cup butter with 1 cup of sugar and 1 egg well beaten.

Sift 2 cups of flour, 1 teaspoon salt. Add flour alternately with 1 cup of sour milk, which has been mixed with 1 teaspoon of soda. Add ground ingredients. Bake at 350 degrees for 1-1/4 hours.

After baking, pour juice over pudding and let stand. Re-heat before serving. Serve with whipped cream. Serves 8 large or 10 smaller servings.

ORANGE FRAPPE

1 pkg. Orange Jello — 2 $\frac{1}{2}$ cups (scant) liquid water and orange juice — also grated rind of one orange

1 can condensed milk — 3 tblsp. sugar. Dissolve jello in hot water, 1 cup — Add juice and let cool. Have cream very cold and beat until stiff. Beat jello that has set and fold into beaten cream. Add grated rind last. Put back in refrigerator until time to serve. Serves 8 or 10 generously.

KRUMMEL TORTA

Beat 2 eggs until light; add 1 cup sugar, 1 cup bread crumbs, 1 teaspoon baking powder, 1 cup chopped nuts, 1 cup chopped dates. Mix well and put in a shallow pan. Bake $\frac{3}{4}$ hour in a slow oven. Cut in squares and serve with whipped cream. You can use 1 cup of flour instead of bread crumbs if you do not have crumbs.

CALIFORNIA PLUM PUDDING

Cream $\frac{1}{2}$ cup butter, add 1 cup brown sugar and 1 egg well beaten. Heat 1 cup crushed pineapple, dissolve in it 1 teaspoon soda, $\frac{1}{4}$ teaspoon cloves, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg and $\frac{1}{2}$ teaspoon salt. Cut in small pieces $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup dates, $\frac{1}{4}$ cup citron (add other candied fruit as well, if you like), $\frac{1}{4}$ cup currants and 1 cup of chopped nuts. Mix this with 1- $\frac{1}{2}$ cups of flour; add alternately with the pineapple mixture to the first mixture.

Mix well and bake in greased muffin tins in moderate oven (325 degrees) for 35 minutes; or it can be baked in small loaf tins. When cool, place in covered tin box. Steam when needed to use.

VELVET CREAM

1 pkg. Knox gelatin
 $\frac{1}{2}$ cup sherry
 $\frac{1}{2}$ cup hot water

1 cup powdered sugar
1 pint whipped cream

Soak gelatin in wine and dissolve in hot water. Add sugar. Cool. Add whipped cream, mixing thoroughly. Chill in melon mold. Serves 4.

FROZEN PINEAPPLE TORTE

3 egg yolks	2 tablespoons lemon juice
Salt	3 egg whites
1/2 cup sugar	2 tablespoons sugar
1 9-oz. can crushed pineapple drained	1 cup cream (whipped) 2 cups vanilla wafer crumbs

Beat egg yolks, salt and 1/2 cup sugar. Add pineapple syrup and lemon juice. Cook in double boiler until it coats spoon. Add pineapple and cool. Make meringue of egg whites and 2 tablespoons sugar. Fold in whipped cream and custard. Coat sides and bottom of buttered refrigerator tray with crumbs. Pour in mixture and cover with remaining crumbs. Freeze until firm by placing in freezing compartment but do not raise temperature of refrigerator.

This can be made night before.

SHORTCAKE

1 cup flour	3 tablespoons shortening
2 teaspoons baking powder	1/4 cup milk
1/2 teaspoon salt	1 egg, well-beaten
1 tablespoon sugar	
Sift	

Work shortening into sifted dry ingredients. Add milk and egg. Bake in 3 or 4 portions in hot oven 400 degrees until well browned. Cut each portion in half; butter and fill with crushed berries.

SHORTCAKE PINWHEELS

3 cups flour	Add 2 eggs, beaten
4-1/2 teaspoon baking powder	1/2 cup milk
1 1/2 teaspoons salt	
5 tablespoons sugar	
Sift together and cut in 3/4 cup shortening	

Roll out on floured board; spread with butter or other shortening, slice in one inch slices, place on greased pan, cut side up, and bake 15 minutes at 450.

Serve with fresh fruit or berries and cream, or as a luncheon dish with creamed tuna or vegetables poured over.

SHOO-FLY PIE

Liquid ingredients:

$\frac{1}{2}$ cup molasses	Crumbs
1 egg yolk	$\frac{3}{4}$ cup flour
$\frac{1}{2}$ teaspoon baking soda dissolved in $\frac{3}{4}$ cup boiling water	2 tablespoons butter
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon cinnamon
	$\frac{1}{2}$ tsp. each nutmeg, ginger, cloves
	$\frac{1}{2}$ cup brown sugar

Beat the molasses, egg yolk, soda and hot water. Combine flour, sugar, salt, spice and work in the butter. Line a pie pan with pastry (your own favorite recipe) and fill by making alternate layers of crumbs and liquid. Top with crumbs. Bake in hot oven until crust begins to brown. Then reduce heat until filling is firm. Serve with whipped cream as a dessert or plain with coffee as an afternoon refreshment.

STRAWBERRY CREAM

2 cups strawberries	2 teaspoons gelatine
$\frac{1}{2}$ cup sugar	2 cups cream

Cover the berries with sugar and let stand a few minutes. Melt the gelatine and add to the whipped cream. Fold in the strawberries and let stand until firm.

TORTE BLITZ

$\frac{1}{2}$ cup shortening	5 tablespoons milk
$\frac{1}{2}$ cup sugar	1 $\frac{1}{3}$ cups flour
4 eggs	2 teaspoon baking powder

Cream shortening and sugar; add egg yolks. Sift flour and baking powder and add with milk, as for cake. Spread in two-layer cake pans. Beat the two egg whites nearly stiff, add slowly 1 cup sugar. Spread this meringue over cakes, sprinkle with chopped walnuts. Bake at 300 degrees for $\frac{1}{2}$ hour or until well done. Serve cold, with whipped cream. Serves 12. Cream may be topped with crushed pineapple, chocolate sauce or lemon sauce for variety.

APRICOT MOUSSE

Melt 18 marshmallows in top of double boiler with $\frac{3}{4}$ cup apricot juice.

Then mash $\frac{3}{4}$ cup apricot pulp, put through sieve and add 1 teaspoon lemon juice and 1 tablespoon sugar.

Combine with first mixture and freeze. When frozen beat again and add 2 beaten egg whites and 1 tablespoon sugar. Mix and freeze.

CRANBERRY SHERBET

$\frac{1}{4}$ cup sugar	1 tablespoon cold water
1 cup water	2 teaspoons lemon juice
$1\frac{1}{2}$ cups cranberry jelly	2 egg whites
1 teaspoon gelatin	Salt

Boil sugar and water for one minute. Mash cranberry jelly with fork and add to sugar syrup. Press through sieve. Sprinkle gelatin over cold water. Add to hot cranberry mixture and stir until dissolved. Add lemon juice and salt. Cool. Fold in stiffly beaten egg whites and pour into freezing tray of refrigerator. Stir occasionally until frozen. This may be made in freezer with dasher, using three parts ice to one part salt. This sherbet is a nice accompaniment to meat course.

LEMON VELVET

$1\frac{1}{2}$ cups sugar	Juice and rind of 3 lemons
$1\frac{1}{2}$ cups scalded milk	$\frac{3}{8}$ cup boiling water
Scald together and cool	Mix together and cool
$2\frac{1}{4}$ cups whipped cream	

Combine all ingredients and put in trays and freeze.

ORANGE SHERBET

2 cups sugar	$1\frac{1}{2}$ cups orange juice
$1\frac{1}{2}$ cups water	6 tablespoons lemon juice
1 pint cream	2 teaspoons grated orange rind

Boil sugar and water five minutes, cool, add remaining ingredients and freeze.

FRUIT SHERBET

- | | |
|--------------------------|-----------------------------------|
| 3 cups sugar | 3 lemons |
| 2 eggs | 2 tablespoons gelatin |
| 1 can shredded pineapple | 2 quarts liquid - water and fruit |
| 1 orange | juices |

Boil water, sugar, orange and lemon juice and pulp 10 minutes. Add gelatin previously soaked in part of water for 5 minutes and egg yolks. Cool. Add pineapple and beaten whites of eggs. Freeze. If bananas desired, add 2 bananas sliced and more lemon juice to taste.

GRAHAM CRACKER ICE CREAM

- | | |
|-----------------------|-------------------------------------|
| 1 can evaporated milk | plus 1 cup honeyed graham crackers, |
| water to make 2 cups | crumbled |
| ½ cup sugar | 2 tablespoons vanilla |

Combine and freeze. When almost frozen whip it and add a topping made of ½ cup graham crackers and 1 tablespoon melted butter.

LEMON CREAM SHERBET

- | | |
|--|----------------------|
| 1-½ cups sugar, granulated or powdered | ½ cup lemon juice |
| | Grated rind 2 lemons |
| 1 quart rich milk | |

Combine lemon rind, lemon juice and sugar. Let stand for several hours. Add lemon mixture to milk and turn into refrigerator tray. Freeze until firm, with cold control set at coldest point. Remove to chilled bowl, beat with rotary beater until smooth and fluffy. Return to tray and finish freezing to serving consistency. Reset cold control for storing. Serves 8 to 10.



KODAKROME BY WALTER SMITH

Matanuska Farm Scene

DAIRY DISHES

SCALLOPED APPLES AND CHEESE

4 apples, pared and sliced	$\frac{3}{4}$ cup fine bread crumbs
2 cups grated American cheese	milk
salt	2 tablespoons butter

Line a greased baking dish with $\frac{1}{4}$ cup bread crumbs; place a layer of thinly sliced apples in bottom, cover with cheese and sprinkle with salt, using about 1 apple and $\frac{1}{2}$ cup cheese for each layer. Repeat layers of apple and cheese until amounts are used. Cover with milk and sprinkle remaining $\frac{1}{2}$ cup crumbs mixed with butter over top. Bake in moderate oven (350 degrees) about 30 minutes, or until apples are soft - serve hot as a main luncheon or supper dish.

CHEESE FONDUE

1 cup scalded milk	1 tbsp. butter
1 cup soft stale bread crumbs	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ lb. mild cheese, cut in small pieces	3 egg yolks
	3 egg whites

Mix all ingredients but the eggs - add yolks of eggs beaten until lemon colored. Cut and fold in beaten whites of eggs. Pour into buttered baking dish and bake 20 minutes in a moderate oven (350 degrees.) Serves 4 to 6. Note: This will not fall.

CHEESE PUDDING

3 large slices of bread one inch thick	1 teaspoon dry mustard
butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ lb. American cheese	$\frac{1}{4}$ teaspoon pepper
3 eggs	2 cups milk

Butter bread, remove crusts and cut into cubes. Butter a baking dish and put in a layer of cubes then a layer of grated cheese. Beat eggs, mustard, salt and pepper, then add milk. Pour over bread and cheese. Let it stand at least four hours or over night. Bake 45 minutes in a slow oven. Serves 6. This dish is fine with baked ham.

CHEESE SOUFFLE

4 eggs	1/4 lb. American cheese
1 1/2 cups milk	3/4 teaspoon salt
1 cup fine dry bread crumbs	1/8 teaspoon paprika
1 tablespoon butter or other fat	3 drops Tabasco sauce

Heat milk, bread crumbs and fat in a double boiler. Shave the cheese in thin slices, add to hot mixture and stir until the cheese has melted. Add this mixture to the well beaten egg yolks. Season to taste with paprika and Tabasco. Fold the hot mixture into the stiffly beaten egg whites containing the salt and pour into a greased dish and bake in a very moderate oven (300 degrees) for 1 hour, or until set in the center. Serve immediately.

CHEESE SOUFFLE

Make cream sauce of:

2 tbsp. butter	1 cup grated cheese
1 1/2 tbsp. flour	Salt - pepper and paprika
1 1/2 cups milk	6 eggs (separated)

Add beaten yolks to the cream sauce and cook quite stiff. Beat 6 whites (stiff) and fold into sauce while hot. Put in buttered bake dish - and set dish in pan of water to bake.

Bake at 300 degrees 30 or 40 minutes.

MACARONI AND CHEESE LOAF

1 cup macaroni (7 min.)	1 canned pimiento chopped
1/2 lb. American cheese diced	1 t. chopped parsley
1 1/2 C. milk, scalded	1 t. chopped onion
1 cup soft bread crumbs	3 beaten eggs, salt, pepper and
1/4 cup melted butter	paprika

Cook macaroni in boiling salted water for 7 minutes. Drain. Melt cheese in top of double-boiler, gradually adding milk and stirring constantly, add bread crumbs, butter, pimiento, parsley, onion and season. Add eggs and fold in the macaroni. Pour into a greased 5 x 9 loaf pan. Bake at 325 degrees (slow oven) until firm, about 50 minutes. Serve with tomato sauce. Serves 6, slices perfectly, yet is tender and moist.

OLIVE CHEESE CUSTARD

5 slices bread, crusts removed	3 eggs, slightly beaten
2 tablespoons butter	$\frac{1}{8}$ teaspoon dry mustard
1 cup grated American cheese	$\frac{1}{3}$ cup olive liquor
$\frac{1}{2}$ cup sliced stuffed olives	2 cups milk, scalded

Spread bread with 1 tablespoon butter - cut in cubes and scatter $\frac{1}{3}$ over bottom of greased casserole. Arrange layers of $\frac{1}{3}$ cup cheese and $\frac{1}{4}$ cup olives over crumbs; repeat. Then cover with remaining bread cubes and top with remaining $\frac{1}{3}$ cup cheese; dot with remaining tablespoon butter. Combine eggs, mustard and olive liquor; gradually stir in hot milk. Pour over mixture in casserole and bake in slow oven (300 degrees) about 1 hour, until knife inserted comes out clean.

Yield - 6 portions

SCALLOPED CHEESE AND DEVILLED HAM

2 C. bread cubes spread with devilled ham	$\frac{1}{2}$ C American cheese
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Alternate these in a greased casserole, having bread on top. Dot with 3 tbsp. butter and pour the following mixture over this:

3 eggs slightly beaten	Dash of pepper
1 tbsp. minced onion	2 c. milk
$\frac{1}{2}$ tsp. salt	

Set casserole in pan of hot water and bake 75 minutes at 350 degrees.

EGGS BAKED IN POTATO CUPS

Shape seasoned mashed potatoes into balls, using about $\frac{1}{3}$ cup to each ball. Place balls on a greased baking sheet. With a spoon press center of ball to form into cup shapes. Drop an egg into each cup. Season with salt and pepper.

Bake in a slow oven 325 degrees for 20 minutes or until egg is as firm as desired.

CREAMED EGGS AND CHICKEN IN RICE RING WITH SAUTED MUSHROOMS

4 hard cooked eggs	3 c. cooked rice
1 c. diced cooked chicken	Small can mushrooms
1 1/2 c. med. white sauce	Small bottle stuffed olives

Shell the hard-cooked eggs and cut in quarters length-wise. Pour sauce over the eggs and diced chicken and olives. Saute mushrooms in melted butter. Mold hot rice in a ring mold - turn out on a large plate. Fill ring with creamed eggs and chicken - covering with the sauteed mushrooms. Sprinkle paprika over the rice ring. Garnish with sprigs of parsley. Serve immediately. (6 servings)

Eggs: Start the eggs in cold water. Bring to simmering point and simmer 15 to 20 minutes.

Rice: Add 3/4 tbsp. salt to 7 or 8 cups of water. Place in large kettle and bring to boiling point. Wash rice. Stir into boiling water with a fork, and boil vigorously until a kernel pressed between the thumb leaves no hard center. This takes about twenty-five minutes.

White Sauce:

3 tbsp. fat - 4 tbsp. flour - 1 1/2 c. milk - 1 t. salt. Melt fat, add flour, stir until smooth. Add all the cold liquid stirring until thickened. Cover and let cook 20 minutes in double boiler or 5 minutes over flame. Season.

TOMATOES WITH CHEESE AND EGG

1 pint tomatoes, canned or fresh	2 tablespoon flour
Small pieces of celery	2 tablespoon butter
Slice of onion	1/4 cup grated cheese
2 or 3 cloves	Eggs

Cook the tomatoes with the seasonings for 10 minutes and then rub through a sieve. Blend the flour with the butter and add it to the tomatoes. Cook until thick - Add the cheese and pour the mixture on slices of toast. Place a poached egg on top of each slice and sprinkle with finely minced parsley. Serve at once.

COOKIES

RECIPE FOR A HOME

Half a cup of friendship
And a cup of thoughtfulness,
Creamed together with a pinch
Of powdered tenderness,
Very lightly beaten
In a bowl of loyalty,
With a cup of faith and one of hope
And one of charity.

Be sure to add a spoonful each
Of gaiety that sings
And also the ability
To laugh at little things.
Moisten with the sudden tears
Of heart-felt sympathy.
Bake in a good-natured pan
And serve repeatedly.

APPLE SAUCE COOKIES

- | | |
|------------------------------------|---------------------|
| 1 cup hot, unsweetened apple sauce | 2½ cups flour |
| 1 cup sugar | ½ teaspoon clove |
| ¾ cup shortening | ½ teaspoon allspice |
| 1 cup raisins | 1 teaspoon cinnamon |
| 1 cup chopped nuts | 1 teaspoon soda |
| | ½ teaspoon salt |

Cream sugar and shortening, then stir into the hot apple sauce. Stir in soda and salt. Sift all dry ingredients and add to first mixture. Add raisins and nuts. Drop from a teaspoon on greased cooky sheet and bake in a slow oven about 300 degrees.

CHOCOLATE CHIP COOKIES

- | | |
|---------------------------------|--------------------------------|
| ⅓ to ½ cup butter or shortening | ½ teaspoon salt |
| ½ cup granulated sugar | ½ teaspoon soda |
| ¼ cup brown sugar | ½ cup chopped nut meats |
| 1 egg, well beaten | 1 teaspoon vanilla |
| 1¼ cup sifted flour | 1 pkg. baker's chocolate chips |

Cream shortening and add sugar gradually. Add egg, and mix.

Sift flour once, measure, add salt and soda and sift again. Add flour in two parts and mix well. Add nuts, vanilla and chocolate chips. Mix thoroughly. Drop from teaspoon on ungreased baking sheet. Bake 10 to 12 minutes in 375 degrees oven. Makes about 50 cookies.

GUMDROP COOKIES

2 eggs	$\frac{1}{2}$ tsp. cinnamon
1 cup brown sugar	$\frac{1}{4}$ cup chopped nuts
1 cup flour	$\frac{1}{2}$ cup shredded gumdrops
Few grains salt	

Beat eggs well, add sugar, and beat again. Add nuts and gumdrops to dry ingredients which have been sifted together. Add to egg mixture. Bake at 350 degrees F. for 20 minutes in greased pan having batter about $\frac{1}{2}$ inch thick. When baked, cut into squares.

MONKEY-FACED COOKIES

$\frac{5}{8}$ cup shortening	$\frac{1}{2}$ tsp. salt
1 cup brown sugar	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ tsp. ginger
$\frac{1}{2}$ cup rich sour milk	1 tsp. vinegar
$2\frac{1}{2}$ cups flour	Citron for the faces.
1 tsp. soda	

Cream shortening, add sugar gradually, and cream thoroughly. Combine molasses and sour milk. Sift flour once, measure, and sift flour, soda, salt and spices together. Add to creamed mixture alternately with molasses and sour milk. Add vinegar. Drop by teaspoonfuls on a lightly greased baking sheet. Cut citron into small pieces and place 3 pieces on each cookie to form eyes and mouth. As the cookies spread in baking, the citron makes the face take on an odd expression. Bake at 350 degrees F. Makes 36 cookies.

DATE COOKIES

1 package pitted dates (10 oz.) cut up.
 $1\frac{1}{2}$ cup broken pecans, or if not available, walnuts.
Mix above with $\frac{1}{2}$ cup flour.
Beat 3 egg whites until stiff; add $\frac{1}{2}$ tsp. salt. To this add 1 cup sugar.
Combine the two mixures and add 1 teaspoon vanilla and $\frac{1}{2}$ cup more flour. Drop in small amounts on greased pan. Bake to light brown at 350 degrees. Do not overbake or they will be dry.

BREAD-CRUMB TEA COOKIES

Beat two eggs until thick and lemon colored. Add 1 teaspoon almond extract. Gradually add $\frac{1}{2}$ cup granulated sugar, beating well after each addition. Fold in 2 cups day old enriched bread crumbs, combined with 1 cup chopped nuts and $\frac{1}{8}$ teaspoon salt. Drop by rounded teaspoonful 2 inches apart on greased baking sheet. Bake in moderately hot oven of 375 degrees for 15 minutes. Makes $2\frac{1}{2}$ dozen.

BROWN SUGAR KISSES

2 cups brown sugar	1 cup walnuts
2 egg whites	1 teaspoon vanilla

Beat egg whites stiff, add sugar, walnuts, and vanilla. Drop teaspoonfuls about three inches apart on greased sheet. Bake 20 minutes at 250 degrees. Remove at once.

BUTTER COOKIES

1 pound butter	$1\frac{1}{2}$ cups chopped walnut meats
6 tablespoons sugar	1 teaspoon vanilla
4 cups unsifted flour	

Mix butter, sugar and flour together like pie crust. Then add walnuts and vanilla. Make in round balls about the size of a small walnut and place on cookie sheet and press with fork. Bake in oven 375 degrees a few minutes or until light brown. Just before serving sprinkle cookies with powdered sugar.

BUTTERSCOTCH NUT STICKS

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon salt
2 cups brown sugar	2 teaspoons baking powder
$\frac{1}{2}$ teaspoon vanilla	2 cups flour
2 eggs	1 cup chopped nuts

Melt butter and blend in sugar. Cool and then add beaten eggs and vanilla. Sift flour, salt, and baking powder together and add the butter mixture. Add nuts and mix only until well blended. Spread in greased pan 10 x 14 inches. Bake at 350 degrees about 30 minutes. Cut in bars and let cool in pans. Makes about 42 sticks.

BUTTERSCOTCH BARS

- | | |
|--------------------------------------|--------------------------------|
| $\frac{1}{4}$ cup butter | $\frac{1}{8}$ teaspoon salt |
| 1 cup light brown sugar, pack in cup | 1 teaspoon baking powder |
| 1 egg | 1 teaspoon vanilla |
| 1 cup flour (sifted) | $\frac{3}{4}$ cup chopped nuts |

Melt the butter over hot water, cool, then stir in the sugar. Add egg and beat briskly, then add flavoring. Add remaining ingredients blended together. Spread on oiled cookie sheet and bake in a 325 degree oven. Cut while warm. When cold, keep in covered tin box.

CHOCOLATE BROWNIES

- | | |
|--------------------------------------|-------------------------|
| 1 cup butter | $\frac{1}{4}$ cup cocoa |
| 2 cups granulated sugar | pinch salt |
| 4 eggs | 1 cup walnut meats |
| $1\frac{1}{2}$ cups sifted flour | 1 teaspoon vanilla |
| $\frac{1}{2}$ teaspoon baking powder | |

Cream the butter and sugar. Add the well beaten eggs. Sift the dry ingredients and blend the entire mixture. Spread thin in a greased, paper lined pan. Bake in a hot oven, 400 degrees about 15 to 20 minutes.

COCONUT SQUARES

- | | |
|--|--|
| 1 cup flour | $\frac{1}{2}$ cup butter |
| Mix these two ingredients as for pastry. Spread on shallow pan and bake 10 minutes in moderate oven. | |
| While this is baking, mix: | |
| $1\frac{1}{2}$ cups brown sugar | $1\frac{1}{2}$ cups coconut (shredded) |
| 1 cup chopped walnuts | 2 eggs, beaten |
| 1 teaspoon baking powder | 2 tablespoons flour |

Pour this mixture over baked pastry and bake 25 minutes. Frost with vanilla or chocolate butter frosting and cut while warm. These are a treat at any party.

CHOCOLATE CRISPIES

Melt $\frac{1}{4}$ cube butter, add: 2 eggs, beat well, and add
2 squares chocolate $\frac{1}{2}$ cup flour
1 cup sugar 1 teaspoon vanilla
Sprinkle $\frac{1}{2}$ cup nuts over batter. Bake in quick oven 10 minutes.

CHOCOLATE DROP COOKIES

$\frac{1}{4}$ cup butter (or fat) $\frac{1}{2}$ teaspoon soda
1 cup brown sugar 2 squares melted chocolate
1 egg (well beaten) 1 cup nuts
 $\frac{1}{2}$ cup milk 1 teaspoon vanilla
 $1\frac{1}{2}$ cups flour

Cream butter, add brown sugar gradually, then well beaten egg, milk, and the flour mixed and sifted with the soda. Stir in melted chocolate, chopped nuts and the vanilla. Drop mixture by teaspoonfuls onto a greased pan. Bake 10 to 15 minutes in 350 degrees oven.

Powdered Sugar Frosting

$2\frac{1}{2}$ cups powdered sugar 5 tbsps. butter
 $\frac{1}{4}$ cup milk 1 tspn. vanilla

Beat until smooth. Apply to cookies.

DANISH TARTS

$\frac{3}{4}$ cup soft butter $\frac{1}{3}$ cup sugar
3 egg yolks $2\frac{1}{2}$ cups flour

Soften butter and sift flour and sugar into butter. Add egg yolks. Cut with knife and form to make dough. Roll out, not too thin, and cut. Bake in medium oven. Put together with custard made with:

1 cup milk heated in double boiler. Mix two heaping teaspoons corn starch, 2 heaping teaspoons sugar with egg yolks and mix until smooth. Pour milk over mixture and return to double boiler, cooking until thick, stirring constantly. Add vanilla and cool. Frost with powdered sugar, water and lemon frosting.

COCONUT PECAN COOKIES

- | | |
|--------------------------------------|----------------------------------|
| $\frac{1}{2}$ pound butter | $1\frac{1}{2}$ teaspoons vanilla |
| 5 heaping tablespoons powdered sugar | 2 cups cake flour |
| | 1 cup coconut |
| 1 cup finely chopped pecans | |

Cream butter and sugar. Add vanilla, nuts, and flour and coconut. Drop on ungreased cookie sheet by teaspoon. Bake in slow oven 300 degrees. Roll in powdered sugar when cool.

DANISH SUKKERKRINGLE

- | | |
|------------------|---------------------------------------|
| 1 cup sugar | 2 teaspoons baking powder |
| 2 eggs | $\frac{1}{2}$ teaspoon almond extract |
| 1 cup butter | Flour to make stiff dough |
| 1 cup sweet milk | |

Beat eggs slightly. Cream butter and sugar until soft, add rest of ingredients. Take small pieces of dough - roll in narrow strips - forming them into figure 8. Dip in granulated sugar and bake in hot oven.

DATE FILLED COOKIES

- | | |
|---------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup shortening | 1 egg |
| $1\frac{1}{2}$ cups brown sugar | 2 cups whole wheat or white flour |
| 1 teaspoon cinnamon | |
| 1 teaspoon soda | $\frac{1}{4}$ cup milk |
| $\frac{3}{4}$ teaspoon salt | |

Mix and roll out. Cut out with glass. Put a teaspoonful of filling in center of each and put another cut out cookie over it. Moistening edges with water to seal. With knife or fork pierce each one. Bake in moderate oven over 375 degrees.

FILLING

- | | |
|--------------------------------|------------------------|
| 1 cup raisins or chopped dates | 1 teaspoon lemon juice |
| 4 tablespoons corn starch | 4 tablespoons sugar |
- Enough water to just cover. Bring to boil and allow to thicken.

DATE BARS

Cook 1 cup stoned and chopped dates and 1 cup white sugar, in $\frac{1}{2}$ cup of water, till it becomes a smooth paste.

Mix $\frac{2}{3}$ cup shortening, $\frac{1}{2}$ cup sugar, 1 tsp. cinnamon, 1 tsp. soda in $\frac{1}{2}$ cup sweet milk, and 1 cup oatmeal. Add enough flour to make like pie crust. Divide in half. Roll out $\frac{1}{2}$ place in loaf cake pan. Spread with date paste, cover with rolled out crust.

Bake in 350 degrees to 375 degrees oven for 30 to 45 minutes. Frost with confectioners sugar icing and cut in long bars.

DATE FILLED COOKIES

2 cups sugar	Filling
1 cup butter or Crisco	2 cups dates
2 eggs	1 cup sugar
1 teaspoon soda in $\frac{1}{2}$ cup sweet milk	1 cup water
Dash of nutmeg and salt	1 tablespoon lemon juice
Flour to make soft dough	Allow to simmer until thick.
	Cool.

Try to keep dough soft for a rich, short cooky. Place one tablespoon date mixture on each cooky and cover with another. Bake in moderate oven.

DREAM BARS

1 cup flour $\frac{1}{2}$ cup butter

Mix and pat in a pan about 9" x 12". Bake 10 minutes in 350 degree oven.

1 $\frac{1}{2}$ cups brown sugar	2 eggs
2 tablespoons flour	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon baking powder	1 cup coconut
$\frac{1}{4}$ teaspoon salt	1 cup walnut meats

Mix sugar, flour, baking powder and salt. Add unbeaten eggs then cocoanut, broken walnuts and vanilla. Spread over mixture already in pan and bake in 350 degree oven for about 35 minutes.

When almost cool, ice with:

1 teaspoon lemon juice	2 tablespoons melted butter
2 tablespoons orange juice	1 $\frac{1}{2}$ to 2 cups powdered sugar

DATE SQUARES

No. 1

2½ cups oatmeal
1 cup sifted flour
1 cup brown sugar
1 cup shortening
1 tsp. soda
½ tsp. salt

No. 2

Cook until thick
1 lb. stoned and cut dates
¾ cup brown sugar
¾ cup water

Sift salt and soda with the flour—mix all of part one, spread half of the mixture on greased pan, pat down, pour over the cooked dates, then all rest of part one, pat down smoothly—bake 20 minutes, cut into squares while still hot—leave in pan until cold.

FATTIGMAND - COOKIES

12 tablespoons sugar	40 to 60 cardamom seeds (or
4 tablespoons melted butter	ground)
12 eggs, use 12 yolks (omit 8 whites)	Small glass of whiskey, rum or Brandy
4 tbsp. sweet cream	

If using the fresh cardamom seed. one can use from 40 to 60 seeds, depending on how fresh the seeds are; (whole seed preferable) crush the seeds fine or use ground cardamom to taste. Beat eggs until thick, add sugar gradually, add small amount of flour first, then sweet cream, alternating with flour, then add melted butter and flavoring.

Mix as little as possible after the flour has been added. Roll out thin and cut with fattigmand cutter (or sharp knife) in diamond shape. Cut a hole about an inch long in the center and put one end through the center hole. Cook in deep hot shortening. The shortening is hot enough when the fattigmand floats to the top right away. Cook a few at a time and turn over as soon as they float to the top.

FOAM COOKIES

2 egg whites	1 cup powdered sugar
Bake at 325 degrees for 12 minutes	2 cups chopped walnuts

DROP COOKIES

- | | |
|--------------------|-----------------------|
| 1 cup brown sugar | 2 eggs |
| 1/2 cup shortening | 1 teaspoon cinnamon |
| 2 cups flour | 1/2 teaspoon cloves |
| 1/2 cup raisins | 1/2 teaspoon allspice |
| 1/2 cup nuts | |

Dissolve 1/2 teaspoon soda in 1/4 cup hot water. Add 1 teaspoon dark molasses to mixture last. Drop by spoonful on greased cookie sheet. Bake 10 minutes.

FRUIT COOKIES

- | | |
|---------------------------------|---------------------|
| 2 cups brown sugar | 1 teaspoon cinnamon |
| 1 cup crisco or spry | 1 teaspoon allspice |
| 2 eggs | 1/2 teaspoon cloves |
| 1 cup chopped or ground raisins | 1/3 teaspoon ginger |
| 1 teaspoon soda | |

Sift all dry ingredients with flour enough to roll or to make drop cookies.

GINGER SNAPS

- | | |
|-------------------|---------------------------------|
| 1 cup sugar | 1 teaspoon cinnamon |
| 1 cup shortening | 1 teaspoon soda in small amount |
| 1 cup molasses | of water |
| 1 egg | 1 teaspoon salt |
| 1 teaspoon ginger | |

Flour to make a stiff dough. Make in balls the size of marbles. Bake in a medium oven.

GOLD COOKIES

- | | |
|----------------|---------------------------|
| 1/2 cup butter | 2 teaspoons baking powder |
| 1 cup sugar | 1 1/2 cups sifted flour |
| 4 egg yolks | 1 teaspoon vanilla |

Cream the butter and add the sugar gradually. Add the beaten egg yolks. Mix and sift the flour, and baking powder together. Add to the butter mixture. Roll into balls the size of a marble, then press one side of ball into chopped nuts, chopped coconut, or crumbled corn flakes. (Cinnamon may be added to the chopped nuts if desired.) Use 1 teaspoon cinnamon to 1/2 cup nut meat. Place 3 inches apart on baking sheet and bake in a 400 degree oven about 15 minutes.

HONNING RASE

1 pound honey	3½ cups flour
½ teaspoon nutmeg	2½ teaspoons baking powder
1 teaspoon cinnamon	1½ ounces candied orange peel
3 eggs	

Add cinnamon and nutmeg to honey and heat. When cool add well beaten eggs. Add baking powder to flour and sift. Add diced orange peel last. Place dough in shallow greased pan, sprinkle with grated almonds and bake in slow oven. Cool and cut in pieces of desired size.

ICE BOX CHOCOLATE COOKIES

1 cup shortening	1 teaspoon vanilla
2 cups brown sugar	3 cups pastry flour
2 eggs unbeaten	1 teaspoon salt
1 cup fine chopped nuts	1 teaspoon baking powder
¾ cup cocoa	½ teaspoon soda

Cream shortening and sugar. Add eggs. Beat thoroughly. Add cocoa, flour, salt, baking powder, and soda. Mix well. Turn out onto floured board and knead into roll about 3 inches, or put into bread pan and place in wax paper in bread pan. Let set over night in ice box. Slice thin and bake in moderate oven 350 degrees. These burn easily.

JOAN'S ICE-BOX COOKIES

2 cups brown sugar	2 cups cake flour
1 cup shortening	1 teaspoon baking soda
2 eggs, well beaten	2 teaspoons baking powder
1 cup chopped raisins	2 teaspoons lemon flavoring
1 cup graham flour	½ teaspoon salt

Cream shortening and sugar. Add eggs. Beat thoroughly. Add raisins and flavoring. Sift cake flour, measure and sift with baking soda, baking powder, and salt. Add graham flour. Add to creamed sugar and shortening mixture. Mix thoroughly. Form into rolls 2 inches in diameter. Chill overnight. Slice thin and place on slightly oiled baking sheet. Bake in hot oven (400 degrees) for about 10 minutes.

LEMON PECAN ICE BOX COOKIES

- | | |
|--------------------------------|-----------------------------|
| 1/2 cup shortening | 2 cups flour |
| 1 cup sugar | 1/8 teaspoon salt |
| 1 egg, well beaten | 1 teaspoon baking powder |
| 1 tablespoon lemon juice | 1 cup finely chopped pecans |
| 1 tablespoon grated lemon rind | |

Cream shortening and sugar; add egg, juice and rind, beat well. Add sifted dry ingredients, blend well, stir in nuts, shape in rolls, wrap in wax paper and chill. Slice very thin and bake on greased cookie sheet in moderate oven 350 degrees for 12 to 15 minutes. Makes 5 dozen small cookies.

NUT ICE BOX COOKIES

- | | |
|----------------------------------|------------------------------|
| 1 cup brown sugar | 2 teaspoons soda |
| 1 cup white sugar | 1 teaspoon cinnamon or other |
| 1 1/2 cupfuls melted Crisco | spices (allspice) |
| 4 1/2 cupfuls flour sifted twice | 1 teaspoon salt |
| 3 eggs well beaten | 1 cup chopped nuts |

Mix sugar and crisco well, add eggs, beat in remainder of ingredients a little at a time; beating thoroughly when all is added. Add nuts. Make into long round loaf. Place in pan lined with oil paper. Set in ice box or in cold place over night. In morning slice and bake in quick oven.

ICE CREAM WAFERS

- | | |
|----------------------------------|----------------------|
| 1/2 cup shortening (butter only) | 1/2 teaspoon salt |
| 1/2 cup sugar | 1/2 teaspoon vanilla |
| 1 egg, well beaten | walnuts |
| 3/4 cup all purpose flour | |

Blend sugar and shortening thoroughly. Add egg, beaten until velvety. Then add flour which has been sifted with the salt. Beat vigorously. Add flavoring and drop on greased cookie sheet like small marbles, well apart. If desired, put nut meat in center of each cookie and bake ten to fifteen minutes in a 400 degree oven. Have rack about in center of oven and watch carefully for burning. The finished product is a crisp rich wafer about the color of French ice cream. Makes about 25 large or 40 small wafers.

FRUITED MACAROONS

1 $\frac{3}{4}$ cups cake flour	$\frac{1}{2}$ tsp. almond extract
1 tsp. baking powder	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup chopped candied cherries
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{4}$ cup sugar	1 cup shredded cocoanut
3 tbsp. milk	2 egg whites

Sift flour, baking powder, and salt—add alternately with milk, added to creamed shortening and sugar, beaten until light and fluffy. Beat well. Add flavorings. Combine fruits and nuts, add to batter and mix well. Beat egg whites until stiff but do not dry, fold into batter. Drop from teaspoon on greased baking sheet. Bake: 375 degrees about 15 minutes.

MAPLE NUTTIES

$\frac{2}{3}$ cup butter or shortening	2 cups sifted flour
$\frac{2}{3}$ cup sugar	1 cup chopped nuts
1 tablespoon water	salt
1 teaspoon maple flavor	

Roll in hands to size of a pencil. Cut in 2 lengths; or shape in balls about the size of a small walnut. Bake 20 minutes at 350 degrees to light brown. Dust with powdered sugar.

Makes about 45 cookies.

MAPLE WALNUT BARS

1 egg	$\frac{1}{4}$ teaspoon baking powder
$\frac{1}{2}$ cup sugar	1 cup chopped walnuts
$\frac{1}{3}$ cup melted fat	$\frac{1}{2}$ cup chopped raisins
$\frac{1}{2}$ cup flour	1 teaspoon maple flavoring
$\frac{1}{4}$ teaspoon salt	

Beat egg, add sugar gradually, beating constantly. Add fat or salad oil, mix well. Sift together flour, salt, and baking powder, add to first mixture, add walnuts, raisins, and flavorings. Spread in greased pan 8" x 8"; bake in moderate oven 350 degrees for 30 minutes. Cool slightly. Using long knife cut in bars 1" x 4".

MEXICAN WEDDING COOKIES

1 cup butter
6 tablespoons powdered sugar
cream above ingredients
1 egg yolk

Add: any flavoring, $\frac{1}{2}$ cup walnuts, 2 cups flour (sifted four times). Bake in 375 degree oven. Makes about 60 cookies.

MINCEMEAT SQUARES

$\frac{1}{2}$ cup shortening
1 cup brown sugar
 $1\frac{1}{2}$ cups flour
1 teaspoon soda
 $\frac{1}{2}$ teaspoon salt
 $1\frac{3}{4}$ cups rolled oats
mincemeat

Work first 5 ingredients into a crumbly mixture. Add oats and mix well. Put $\frac{1}{2}$ mixture into shallow greased pan. Pat well into place. Spread this layer with mincemeat. Add remaining crumbly mixture, patting into place. Bake in moderate oven 325 degrees for 25 minutes. While still warm cut in bars and remove from pan.

NUT BALLS

Sponge cake
4 egg whites
4 egg yolks
1 cup sugar
3 tablespoons cold water
1 teaspoon lemon extract
 $1\frac{1}{2}$ tablespoons corn starch
1 cup flour less $1\frac{1}{2}$ tablespoons
 $1\frac{1}{4}$ teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt
Frosting for balls
1 cube butter
1 pack powdered sugar
and dilute with cream until
creamy and can be spread.
Vanilla

Mix as any white cake. Bake in 13 x $7\frac{1}{2}$ " flat pan in moderately slow oven (325 degrees) for 30 minutes. Cut cake in squares, spread all sides with frosting, and roll in ground walnuts.

NUT BALLS

Cream 1 cup butter, add $\frac{1}{2}$ cup sugar slowly and beat well. Add 2 egg yolks, 1 egg white and $1\frac{1}{2}$ teaspoons lemon juice. Blend thoroughly. Add 2 cups flour and $\frac{1}{3}$ cup chopped nuts. Knead well, then shape into small balls. Dip into egg white and roll in $\frac{1}{2}$ cup chopped nuts (graham cracker crumbs also work well). Place on greased cookie sheet, form dent in middle with little finger and place candied cheery there. Bake in moderate oven 12 minutes. (365 degrees).

NUT BUTTER COOKIES

Cream 2 cubes butter, 1 cup brown sugar, 1 cup white sugar. Add 2 well beaten eggs and 1 teaspoon vanilla. Then add gradually:

3 $\frac{1}{2}$ cups flour	pinch of salt
2 teaspoons baking powder	sifted together

Last add $\frac{3}{4}$ cup finely chopped nuts. Roll thin. Bake in moderate oven.

NUT WAFER COOKIES

1 cup brown sugar	1 teaspoon soda
1 cup white sugar	1 teaspoon cinnamon
1 $\frac{1}{2}$ cups melted crisco	1 cup chopped nuts (almonds are best)
1 teaspoon salt	
3 eggs, well beaten	

Cream crisco with sugar. Add eggs slowly, mixing thoroughly. Add nuts. Then add dry ingredients sifted together twice. Use from 3 to 4 cups flour. Shape into loaf $2\frac{1}{2}$ or 3 inches in diameter. Put in greased pan in icebox over night. When ready to bake, slice and bake in hot oven. Chopped nuts or raisins may be added.

OATMEAL COOKIES

1 cup butter and crisco	1 teaspoon soda
1½ cups sugar	2 teaspoons cinnamon
1 cup raisins	1 teaspoon nutmeg
2 cups oatmeal	1 teaspoon allspice
2½ cups flour	½ teaspoon salt
2 eggs (beaten)	½ teaspoon cloves
1 cup sour milk	

Cream butter and sugar. Add eggs. Sift dry ingredients together and add alternately with sour milk. Add oatmeal and raisins. Drop by spoonfuls on cookie sheet. Bake in moderate oven 350 degrees for about 10 to 12 minutes.

MOTHER'S OATMEAL COOKIES

1½ cups sugar	½ cup walnuts (chopped)
1 cup shortening (part butter)	2 eggs (beat yolks with sugar and shortening)
½ cup shredded coconut	
4 cups rolled oats	

Beat egg whites, and fold in with rest of ingredients, after they are well mixed.

1 teaspoon vanilla

Bake very slowly 300 degree oven, till light brown.

MY MAN OATMEAL COOKIES

1 cup shortening	½ cup white sugar
1 egg	½ teaspoon soda
½ teaspoon salt	½ cup brown sugar
½ teaspoon baking powder	1 teaspoon vanilla
½ cup shredded coconut	½ cup chopped nut meats
1 cup quick cooking oatmeal	1 cup flour

Cream shortening and sugar gradually - mixing well. Beat in egg. Add flour sifted with baking powder, soda, and salt. Blend in oatmeal, coconut, and nuts. Add vanilla. Place in greased cookie sheet - small portion with teaspoon. Bake at 350 degrees for 15 minutes.

OATMEAL CRISPIES

Cream:

1 cup shortening
1 cup brown sugar

1 cup white sugar

Add:

2 beaten eggs	1½ cups sifted flour
1 teaspoon vanilla	1 teaspoon salt
beat well	1 teaspoon soda
3 cups quick cooking oatmeal	½ cup chopped nuts

Can be dropped and baked immediately in moderate oven. Or can be made into rolls, sliced and baked later. Are better if chilled.

OATMEAL ROCKS

¾ cup shortening	1 teaspoon soda
1 cup brown sugar	1½ cups flour
2 eggs	½ teaspoon salt
1 teaspoon vanilla	1½ cup raisins
1 cup sour milk	2 cups rolled oats

Cream shortening and sugar. Add eggs and vanilla. Also add soda dissolved in milk. Add salt, flour, raisins, and oats. Mix thoroughly. Drop by teaspoonfuls. Bake in oven 425 degrees. Makes about 50 cookies.

PEANUT BUTTER COOKIES

1 cup shortening	1 teaspoon baking powder
1 cup peanut butter	1 teaspoon salt
1¼ cups white sugar	3 well beaten eggs
½ cup brown sugar	1½ cups flour
1 teaspoon soda	

Cream lard and peanut butter together. Add sugar gradually and cream well. Add flour, baking powder, soda, and salt. Sift together twice. Form in ball - press down with fork. Bake in oven of 360 degrees until brown.

PEANUT BUTTER BRAN COOKIES

1 cup sugar	1 cup bran
1 cup shortening	1 teaspoon soda
1 cup honey	1 teaspoon salt
2 eggs, beaten	1 tablespoon vanilla
1 cup peanut butter	3 cups flour

Cream these together, then add:

Form ball, press down with fork. Bake in moderate oven.

PORCUPINES

1 tablespoon butter	Mix together and add:
1 egg	1 cup chopped dates
1 tablespoon flour	1 cup walnuts
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla

Form into balls. Roll in corn flakes or cocoanut. Bake at 350 degrees until brown, about 15 minutes.

PUMPKIN COOKIES

$\frac{1}{2}$ cup pumpkin	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup brown sugar	1 teaspoon flavor
$\frac{1}{4}$ cup shortening	1 teaspoon nutmeg
1 egg	1 teaspoon allspice
$\frac{3}{4}$ cup mixed candied peel (optional)	1 teaspoon cinnamon
$1\frac{1}{4}$ cups flour	$\frac{1}{2}$ teaspoon grated lemon rind
2 teaspoons baking powder	$\frac{1}{2}$ cup nut meats
	$\frac{1}{2}$ cup raisins

Mix all together. Drop by spoonfuls on greased cookie sheet. Bake as other drop cookies.

RUM BALLS

Mix: 3 cups of ground vanilla wafers, 2 tablespoons of cocoa, 1 cup powdered sugar, 2 tablespoons white karo, $\frac{1}{2}$ cup ground nuts, 9 tablespoons rum, and pinch of salt. Make into balls the size of a walnut and roll in powdered sugar. Put in a jar for a few days before using. Makes about 30.

ROCKS

(1) Cream:

1 cup shortening
1 cup white sugar

1 cup brown sugar
3 beaten eggs

(2) Mix:

Add:

4 cups flour
1 teaspoon soda
2 teaspoons cinnamon

1 teaspoon cloves
1 teaspoon nutmeg

(3)

$\frac{1}{2}$ cup molasses

1 cup milk

Add molasses to mix No. 1, then mix No. 2 and milk alternately. Add enough flour to drop from a spoon to a cookie sheet.

SAND TARTS

1 cup butter

2 cups flour

1 cup chopped almonds (don't
remove skins)

1 teaspoon vanilla

3 tablespoons powdered sugar

Rub butter, flour and sugar together with the hands. Add nuts and flavoring. Shape into crescents. (Take a small amount, roll between the hands and twist into a crescent). Bake in a moderate oven until the cookies are a light brown. About 10 to 15 minutes. Roll in powdered sugar when cool.

SCANDINAVIAN COOKIES

$\frac{1}{2}$ cup butter

1 cup sifted flour

$\frac{1}{4}$ cup brown sugar

$\frac{1}{3}$ cup chopped nuts

1 egg, separated

Jelly

Cream butter until soft. Blend in sugar. Add egg yoke, beating until light. Blend in flour. Roll dough into small balls (1 inch in diameter). Dip in egg white (unbeaten). Then roll in chopped nuts. Place on greased cookie sheet and make a depression in centers. Bake five minutes in a slow oven (300 degrees). Remove from oven and press down centers again. Continue baking 15 minutes longer. Cool slightly and fill centers with jelly. (green-mint; red currant, etc.)

SHORTBREAD

1 pound flour (pastry) $\frac{1}{4}$ pound sugar
 $\frac{1}{2}$ pound butter

Sift flour and sugar 3 times. Have butter at room temperature. Work into flour and sugar mixture until firm ball is formed. Press into 8" pie tin and prick with fork. Bake in moderate oven one and one half hours or until golden brown. Store in air tight tin for several weeks.

SPRITZ CAKES

2 cups sugar 2 heaping teaspoons baking powder
1 cup butter
1 cup lard 4 cups flour
 $\frac{1}{2}$ cup sweet milk 1 teaspoon vanilla
2 eggs 1 teaspoon lemon flavoring

Mix and press the dough through a spritz cake tube and shape into wreaths. Bake in moderate oven 350 degrees.

SPRITZ COOKIES

1 cup butter $\frac{1}{4}$ teaspoon salt
 $\frac{3}{4}$ cup sugar $\frac{1}{2}$ teaspoon baking powder
1 egg or 3 yolks, beaten 1 teaspoon almond extract
 $2\frac{1}{2}$ cups cake flour

Work butter until soft and cream with the sugar until light. Add beaten egg and almond extract flavoring and beat smooth. Add the flour sifted with the salt and baking powder. The dough may be rolled and cut with fancy cutters or molded in a cookie press. Fill the press and force onto ungreased cold cookie sheet. Bake in a hot oven until delicately browned. (400 degrees.)

BUTTER SPRITZ COOKIES

Cream together 1 pound butter and 1 cup sugar. Add 2 eggs and 1 tablespoon vanilla. Mix in flour as desired, about $3\frac{1}{2}$ cups will make a good dough. If too rich, work a little more flour into dough. Put into a cookie spritzor machine or onto cookie sheet. Bake in moderate oven.

CRISP SUGAR COOKIES

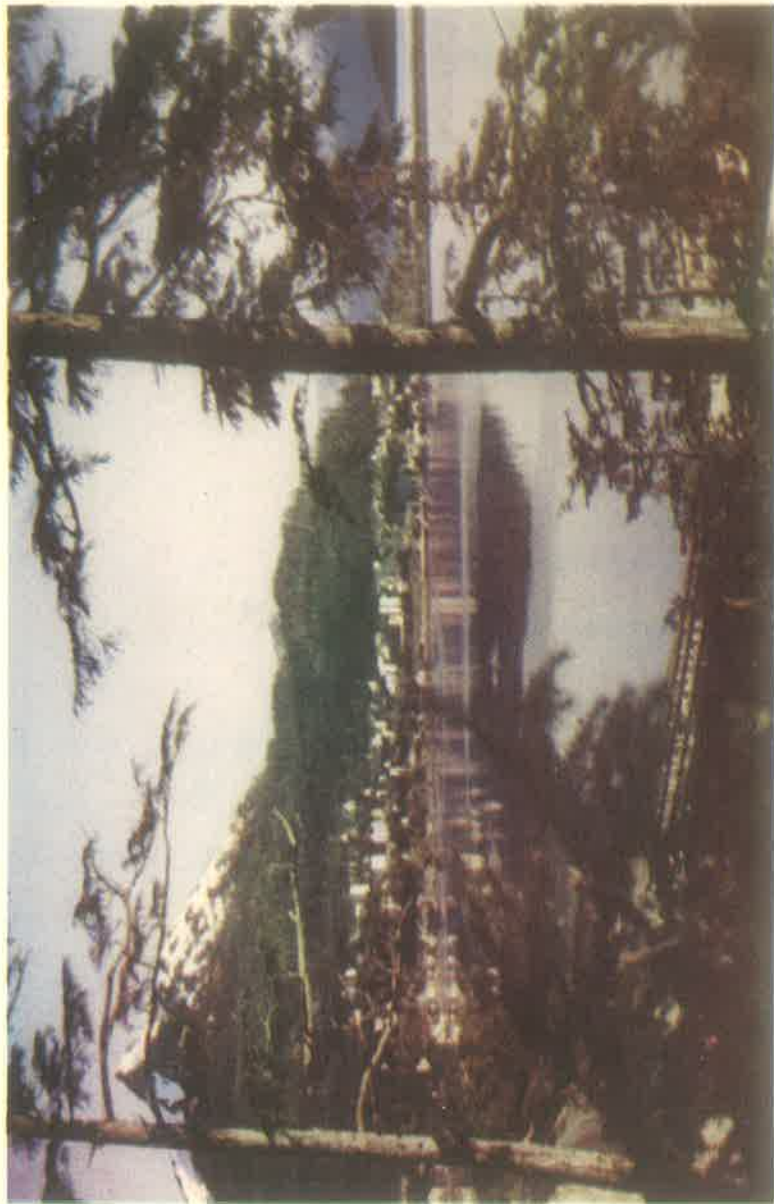
Temperature: 400 degrees	Time: 8-10 minutes
2 cups Pillsbury's flour	$\frac{1}{2}$ cup shortening
4 teaspoons baking powder	1 cup sugar
1 teaspoon salt	2 eggs
1 teaspoon vanilla or lemon extract	

Sift dry ingredients together. Cream shortening and sugar. Add well-beaten eggs and extract. Beat well. Add dry ingredients. These cookies should be mixed soft, using as little flour as possible. Chill, roll out dough $\frac{1}{4}$ inch thick. Cut with floured cutter. Bake on greased baking sheet, brush with milk; sprinkle with sugar. Bake in moderate oven.

WALNUT DREAM BARS

$\frac{1}{4}$ cup butter or margarine	$\frac{1}{2}$ teaspoon baking powder
$1\frac{1}{4}$ cup sifted cake flour	1 teaspoon vanilla extract
$1\frac{1}{4}$ cups brown sugar, firmly packed	$1\frac{1}{2}$ cups shredded coconut
2 eggs	1 cup chopped walnuts

Cut the butter into 1 cup of the flour and $\frac{1}{4}$ cup of the brown sugar with knives or pastry blender until mixture of the consistency of coarse corn meal, as in pie crust. Pat this mixture firmly into an ungreased, 8" x 8" pan, and bake in oven of 350 degrees for 15 minutes, or until lightly browned. Meanwhile, beat eggs until light. Then add the remaining brown sugar gradually while beating continuously with rotary or electric beater, until mixture is light and fluffy. Fold in remaining flour, which has been sifted with the baking powder. Add the vanilla extract, coconut and chopped walnut meats, and combine all thoroughly. Spread this mixture over the top of the still-warm baked mixture in pan and bake in moderate oven of 350 degrees for 20 minutes or until crisp and lightly browned. While still warm, cut into 16 two-inch squares, or into 16 bars 4" x 1", as desired.



KODAKROME BY GEORGE E. ALLEN

City of Cordova

Melaine Cookies

$\frac{3}{4}$ cup shortening

1 cup sugar

$\frac{1}{4}$ cup brown rabbit molasses

1 egg

2 teaspoons baking soda

2 cups flour (sifted)

$\frac{1}{2}$ Teaspoon cloves

$\frac{1}{2}$ Teaspoon ginger

1 Teaspoon cinnamon

$\frac{1}{2}$ Teaspoon salt

Melt shortening in a three or four quart of saucepan over low heat.

Remove from heat. Allow to cool. Then

add sugar, molasses + egg. Beat well.

Sifted flour + other dry ingredients

and add to the mixture. Mix well

and chill thoroughly. Form 1 inch rolls

in roll in granulated sugar.

Place in greased baking cookies sheet. Bake in 375° for 10 or 12

minutes. Make of 12 cookies.

CANDIES

ALMOND ROCA

1 cup sugar	$\frac{1}{2}$ lb. butter
$\frac{1}{4}$ cup water	$\frac{1}{2}$ lb. blanched almonds
1 tablespoon Karo	$\frac{1}{2}$ lb. Hershey bar

Put first five ingredients into a skillet, cook to hard crack stage, or until almonds are toasted light brown, stirring constantly. Pour into pan to cool and spread with melted chocolate while candy is still hot. Cool and break into pieces.

APPLE CANDY

Soak 2 tablespoons gelatin in $\frac{1}{2}$ cup cold apple juice. Put $\frac{3}{4}$ cup apple juice in sauce pan, add 2 cups white sugar and bring to a boil. Add gelatin mixture and boil 15 minutes. Remove from fire and let stand until it starts to set. Stir in a generous cup of chopped walnuts and 1 teaspoon vanilla. Pour into shallow pan. When set, cut into squares and roll in powdered sugar. Make apple juice as for jelly. Have it very fresh.

CARAMELS

2 cups sugar	$\frac{1}{2}$ cup butter
$\frac{1}{8}$ tsp. salt	1 tall can evaporated milk
2 cups light corn syrup	2 tsp. vanilla

Combine sugar, salt and corn syrup in sauce pan, mix thoroughly. Cook rapidly, stirring constantly, until firm ball stage (245 degrees). Add butter and milk, alternately in small amounts, beginning and ending with butter, stirring constantly. Do not let mixture stop boiling at any time. Cook slowly until a small amount, when dropped in cold water, forms a firm ball (242 degrees or 245 degrees). Stir constantly to prevent sticking. Add flavoring; pour into buttered pan; cool thoroughly. Cut with heavy saw-like motion. Wrap pieces in waxed paper.

CARAMELS

- | | |
|---------------------------------------|---|
| 1 $\frac{1}{3}$ cups Eagle Brand milk | Pinch of salt |
| 2 cups brown sugar | $\frac{1}{2}$ teaspoon vanilla |
| $\frac{3}{4}$ cup white Karo syrup | $\frac{1}{2}$ cup nuts (Brazils or walnuts) |
| $\frac{1}{2}$ cup butter | - |

Mix milk, sugar, syrup and salt together in sauce-pan and cook slowly at 246 degrees, stirring constantly, until firm ball stage. Add flavoring and nuts. Remove from fire and pour in greased shallow pan (8 x 8 x 2). When cold remove on waxed paper and cut into squares. Wrap each piece in waxed paper. Makes 2- $\frac{1}{4}$ lbs.

DATE NUT ROLL

- | | |
|-----------------------------|----------------------------------|
| 2- $\frac{1}{2}$ cups sugar | 2 cups chopped nuts (walnuts, or |
| 1 cup vaporated milk | a mixture) |
| 1 10-ounce package dates | |

Boil sugar and milk to soft ball stage, 235 degrees. Add pitted and chopped dates and cook until dates soften and blend with the mixture, 236 degrees by the candy thermometer. Add nuts and cool. Stir or knead candy until creamy and stiff. Shape into 6 or 7 small rolls, using enough powdered sugar to prevent sticking to hands and board. Wrap in waxed paper and store in a covered container until candy is wanted. Cut into slices with a sharp knife. Makes about 2 lbs.

DIVINITY

- | | |
|------------------------------------|--------------------------------|
| 2 cups sugar | $\frac{1}{2}$ cup water |
| $\frac{1}{2}$ cup light corn syrup | 1 teaspoon vanilla |
| 2 egg whites | $\frac{1}{2}$ cup chopped nuts |
| $\frac{1}{8}$ teaspoon salt | |

Mix sugar, syrup and water in saucepan and stir and heat slowly until sugar is dissolved. Boil, covered, 3 minutes to dissolve crystals that may collect on side of pan. Then boil, uncovered, to 250 degrees or to hard ball stage, stirring occasionally back and forth. Pour syrup slowly over stiffly beaten egg whites, to which salt has been added. Beat well, add extract and continue beating until candy is thick and creamy; add nut meats as it begins to stiffen. Drop by spoonfuls on baking sheets. Yield: 1- $\frac{1}{4}$ pound divinity.

FONDANT

2 cups sugar
1 cup water

1 tsp. cream of tartar

Method: Mix sugar, water and cream of tartar in a saucepan and stir and beat slowly until sugar is dissolved. Boil, covered, 3 minutes to dissolve crystals that collect on side of pan; then boil uncovered without stirring to 238 degrees or to the soft ball stage. Using a wet swab, wipe off sugar crystals as they form on the inside of pan during cooking. Remove saucepan from heat and immediately pour into a shallow pan; cool to lukewarm. Work with wooden spoon until fondant becomes white and creamy, then rinse hands in cold water and knead until smooth and plastic. Store in a covered jar at least a day before using. Yield: $\frac{3}{4}$ pound fondant.

Note: $\frac{1}{2}$ teaspoon lemon juice, $\frac{1}{2}$ teaspoon vinegar or 2 tablespoons white corn syrup may be substituted for $\frac{1}{8}$ teaspoon cream of tartar.

FUDGE

2 tablespoons butter
2 squares chocolate
(melt above)

3 cups sugar
1 cup milk

Stir until mixture boils, then cook, not stirring, to soft ball stage. Add vanilla and nuts. Set in cold water until pan is cold. Knead. Put in pieces 3 inches long by 1- $\frac{1}{2}$ inches thick, slice when cold.

CHOCOLATE FUDGE

2 cups white sugar
 $\frac{1}{3}$ cup Karo syrup (light or dark)

$\frac{1}{2}$ cup rich milk
2 squares chocolate (or 4 tbsp. cocoa and 1 tbsp. butter)

Mix and stir until dissolved. Cook slowly until it forms a soft ball when tried in cold water. Let stand until cool; add 1 teaspoon vanilla and beat until creamy. Add chopped nuts, if desired. Pour into buttered pan.

CHOCOLATE FUDGE

(Electric Mixer)

- | | |
|-----------------------------|---------------------------------|
| 3 cups sugar | 3 squares unsweetened chocolate |
| $\frac{3}{4}$ cup milk | 3 tablespoons light corn syrup |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoons butter |
| 1 teaspoon vanilla | Chopped nuts, if desired |

Boil sugar, milk and chocolate, syrup and salt in a covered pan until it forms a soft ball in cold water. Pour the cooked mixture into a large mixing bowl. Add butter and flavoring. Beat at high speed until creamy, about 6 to 8 minutes. Add nuts and pour into buttered pan to cool.

This same method may be used for fenochoa or any variation or fudge.

CHOCOLATE FUDGE

- | | |
|---------------------------------|-----------------------------------|
| 1 lb. powdered sugar | 2 tbsp. evaporated milk |
| 3 squares unsweetened chocolate | 1 egg |
| 2 tbsp. butter | 1- $\frac{1}{4}$ cup chopped nuts |
- Sift powdered sugar; melt butter and chocolate. Add to sugar and stir well. Add cream and mix. Add egg and blend well. Stir in nuts and spread in buttered pan. Chill in refrigerator before cutting.

PEANUT BUTTER FUDGE

- | | |
|--------------|-----------------------------|
| 2 cups sugar | $\frac{1}{2}$ teaspoon salt |
| 1 cup milk | |
- Bring to soft ball stage. Put pan in cold water. Beat in 3 heaping tablespoons peanut butter.
- Beat until stiff. Drop on waxed paper or buttered plate and cut in pieces.

UNCOOKED FUDGE

- | | |
|--|--|
| 2 pkgs. chocolate bits (semi-sweet chocolate-14 oz.) | 1 can Eagle brand sweetened condensed milk |
| $\frac{1}{4}$ lb. marshmallows | 1 cup chopped walnuts |
- Melt chocolate, add milk, marshmallows cut up and nuts. Drop by spoonfuls on waxed paper.

PEANUT BRITTLE

2 cups sugar

1 cup Karo

$\frac{1}{2}$ cup water

2 cups peanuts (raw)

2 teaspoons soda

Boil all together until nuts pop and are parched. Add soda, mix well, and spread as thin as possible in pan. Pull out on edges.

PEANUT BRITTLE

1 pint chopped peanuts

2 cups sugar

1 teaspoon salt

Place sugar in an iron frying pan and heat slowly, stirring constantly, until sugar is melted and turns a light brown color. Spread the chopped peanuts in a buttered dish, sprinkle with salt, warm the dish or tin and pour the melted sugar over the peanuts.

PECAN PRALINES

2 cups light brown sugar

$\frac{1}{8}$ teaspoon cream of tartar

Few grains of salt

$\frac{1}{2}$ cup evaporated milk

1- $\frac{1}{2}$ cups pecan nut meats

$\frac{1}{2}$ teaspoon vanilla

Cook the light brown sugar, salt, evaporated milk and cream of tartar together until a little, when tried in cold water, forms a soft ball, or the candy thermometer registers 238 degrees Fahrenheit. Cool. Add the vanilla and beat until creamy. Add the nut meats; drop by teaspoonfuls onto waxed paper and set aside to become firm.

SEA FOAM

2 cups brown sugar (sifted and packed)

$\frac{1}{2}$ cup water

1 egg white

$\frac{1}{8}$ teaspoon salt

$\frac{1}{2}$ teaspoon vanilla

$\frac{1}{4}$ cup chopped nuts

Mix sugar and water. Boil to 254 degrees, hard ball stage. Pour slowly over stiffly beaten egg white, to which salt has been added. Beat well, add extract and continue beating until thick and creamy. Add nuts. Drop by teaspoonfuls on waxed paper.

POP CORN BALLS

1 cup sugar

$\frac{1}{4}$ cup butter

$\frac{1}{3}$ cup white corn syrup

$\frac{3}{4}$ tsp. salt

$\frac{1}{3}$ cup water

$\frac{3}{4}$ tsp. vanilla

Cook at 270 degrees or until brittle ball. Using 3 quarts of unseasoned pop corn this will make a couple dozen pop corn balls.

CAKES

ANGEL CAKE

- | | |
|---|--|
| 12 egg whites | 1 teaspoon vanilla |
| 1 tablespoon cold water | $\frac{1}{2}$ teaspoon almond |
| $\frac{1}{4}$ teaspoon salt | 1 $\frac{1}{4}$ cups sifted cake flour |
| 1 $\frac{1}{2}$ teaspoons cream of tartar | 1 $\frac{1}{2}$ cups sifted sugar |

Pour eggs in large bowl, add water and salt and beat till frothy, add cream of tartar and beat till stands up in peaks but not dry, add flavoring and beat again till in peaks. Have flour and sugar in sifter that has been sifted together ten (10) times, hold sifter in hand over bowl and sift gently while folding into egg mixture, pour into ungreased tube pan, cut through with a knife to break bubbles - bake in oven from 250 degrees to 275 degrees 1- $\frac{1}{4}$ hours, remove when the cake has begun to shrink. Turn upside down to cool.

"A SOUR DOUGH" ANGEL FOOD CAKE

- | | |
|----------------------------------|-----------------------------|
| 1 $\frac{1}{4}$ cup pastry flour | $\frac{1}{4}$ teaspoon salt |
| 1 $\frac{1}{4}$ cup sugar | 1 teaspoon cream of tartar |
| 4 eggs separated | 1 teaspoon vanilla |
| $\frac{1}{2}$ C. cold water | |

Separate eggs. Add $\frac{1}{2}$ C cold water to yolks - beat well. Add sugar beat until dissolved. This must be beaten extra well. Fold sifted flour into mixture. Whip egg whites with salt and when foamy add cream of tartar - whip until stiff not dry. Fold in vanilla. Bake in slow oven (325 degrees) about 1 hour or until done. Remove from oven and invert pan 1 hour - or until cake is cold.

CHOCOLATE ANGEL CAKE

- | | |
|-------------------------------|-----------------------------|
| 1 $\frac{1}{2}$ cup egg white | 1 $\frac{1}{2}$ cup sugar |
| 1 teaspoon cream of tartar | $\frac{1}{2}$ teaspoon salt |
| 1 teaspoon vanilla extract | $\frac{1}{4}$ cup cocoa |
| 1 cup sifted cake flour | |

Sift flour, sugar, cocoa and salt nine times. Beat egg white till frothy, add cream of tartar. Then beat good (by hand). Fold in dry ingredients, add vanilla.

Bake in large size tube pan, about 1 hour and 15 minutes in 325 degrees oven. Invert pan for about 1 hour.

ANGEL DREAM CAKE

- | | |
|------------------------------|--------------------------|
| 1 ½ cups sugar (sifted) | ½ cup cold water |
| 5 egg yolks (beaten) | 1 teaspoon cream tartar |
| 1 ½ cups cake flour (sifted) | ⅓ teaspoon baking powder |
| 1 teaspoon vanilla | 5 egg whites |
| ¼ teaspoon almond | ½ teaspoon salt |

Beat yolks to lemon color and add 1 cup sugar while still beating. Next the water than flour, baking powder and flavoring. Let stand while you beat the egg whites stiff. Add cream tartar the other ½ cup sugar and then beat real stiff. Fold this mixture into the yolk batter. Bake in ungreased angel tin for 1 hour at 350 F.

PARTY SIZE ANGEL FOOD CAKE

- | | |
|--|---------------------------|
| 1 ½ cups egg whites
(11 to 13 eggs) | 1 ¾ cups sugar |
| 1 teaspoon cream of tartar | 1 ¼ cups cake flour |
| ½ teaspoon salt | 1 teaspoon vanilla |
| | ¼ teaspoon almond extract |

With electric mixer:

Beat egg whites until frothy. Add cream of tartar and continue beating until whites will peak but are not dry. Add flavoring. Sift flour measure and sift with sugar and salt. Nine times. Fold in dry ingredients as rapidly as possible. Pour into an ungreased tube pan and bake at 325 degrees one hour or until cake shrinks slightly from side of pan. Remove from oven - turn upside down and allow to cool. Cut from pan and ice with fluffly frosting.

APPLESAUCE CAKE

- | | |
|-----------------------|------------------------------|
| ½ cup shortening | ¼ teaspoon salt |
| 1 cup sugar | 1 teaspoon soda |
| 1 egg | 1 teaspoon cinnamon |
| 1 cup raisins | ½ teaspoon cloves |
| 1 cup chopped nuts | 1 cup unsweetened applesauce |
| 1 ½ cups sifted flour | |

Cream shortening and sugar; add nuts and raisins dredged in flour. Sift flour, soda and spices, add warm applesauce and bake 45 minutes in moderate oven. Bake in loaf pan.

HAINES APPLESAUCE CAKE

Sift together:

2 cups bread flour	1 heaping teaspoon cinnamon
1 teaspoon baking powder	$\frac{1}{2}$ teaspoon cloves
2 teaspoon soda	$\frac{1}{2}$ teaspoon nutmeg
1 teaspoon salt	

Cream $\frac{1}{2}$ cup shortening, add gradually:

$\frac{1}{2}$ cup granulated sugar or $\frac{1}{2}$ cup firmly packed brown sugar until light and fluffy.

Mix 1 cup chopped dates

1 cup hot thick, unsweetened applesauce made from Gravenstein apple from Haines, Alaska. $\frac{1}{2}$ cup light corn syrup
 $\frac{1}{2}$ cup chopped nut meats

Add dry ingredients in three portions, mixing well after each addition. Pour into greased ring mold or 8 x 8 x 2 inch pan and bake for 45 minutes at 350 F., or until cake pulls away from the sides of the pan.

EXCELLENT BANANA CAKE

Cream together:

1 $\frac{1}{2}$ cups sugar $\frac{2}{3}$ cup butter

Add unbeaten:

2 egg yolks (one at a time)

Mash and add:

4 ripe bananas

Add:

1 teaspoon soda dissolved in 3
teaspoons sour milk

Sift and add:

2 cups sifted flour and 1 tea-
spoon baking powder

Add:

1 teaspoon vanilla

Mix all thoroughly adding one cup nuts if desired. Fold in stiffly beaten egg whites. Bake in layers or loaf pans in moderate oven until done.

DRIED APPLESAUCE CAKE

- | | |
|------------------------|----------------------------------|
| 1 cup brown sugar | 1 teaspoon each cloves and cinn- |
| 1/2 cup butter | amon |
| 1 1/2 cups apple sauce | 1 cup ground raisins |
| 2 1/4 cups flour | 1 cup chopped nuts |
| 2 teaspoons soda | |

Sift flour, soda and spices and set aside. Cream butter and sugar. Add flour and mix, then nuts and raisins. Add applesauce last. This will be real stiff. Put in angel food pan. Bake in slow oven at least 45 minutes.

BOILED CAKE

Boil together for 5 minutes

- | | |
|---------------------|-----------------------------|
| 1 cup raisins | 1 cup sugar |
| 1 cup water | 1-1/2 tablespoon shortening |
| 1 teaspoon cinnamon | 1/2 teaspoon nutmeg |
| 1/4 teaspoon salt | 1/2 teaspoon ground cloves |

Let cool and add

- | | |
|---|----------------------------|
| 1 teaspoon soda dissolved in
little cold water | 2 cups sifted flour |
| 1/2 cup chopped nuts | 1 teaspoon cream of tartar |

Bake in moderate oven (375 degrees) for about 45 minutes. Use orange icing.

BROWN SUGAR CAKE

- | | |
|---------------------------|---|
| 1 1/2 cups brown sugar | 1 egg |
| 2 cups flour | 1 cup sour milk (buttermilk may
be used) |
| 1 teaspoon cinnamon | 1 teaspoon soda |
| 1/2 teaspoon salt | 1/2 tsp. baking powder |
| 1/2 cup lard (shortening) | |

Mix and sift dry ingredients including sugar. Rub in the fat as for biscuits. Keep out 1/2 cup of this mixture. To rest add the beaten egg mixed with the sour milk and soda. Pour into shallow cake pan and spread the half cup of flour, sugar, fat mixture on top. Bake at 350 F. for about 30 or 35 minutes.

Note: This is very good as a hot bread served for lunch or dinner.

BURNT SUGAR CAKE

Cream:

1/2 cup shortening

1 1/2 cups sugar

Add:

1 tsp. vanilla

2 egg yolks beaten

Now add:

The caramel syrup which should
be 2 tbs.

Sift:

2 1/2 cups flour

1/4 tsp. salt

2 tsp. baking powder

Add alternately with

1 cup milk to the first mixture

Fold in:

2 egg whites stiffly beaten

Bake in moderate oven 375 degrees for 30 minutes.

Caramel Syrup:

Carmalize 1/2 cup white sugar until brown and then add 1/4 cup boiling water and allow to simmer until smooth.

FESTIVE CHERRY CAKE

2 cups sifted cake flour

1 tsp. lemon juice

1/2 tsp. salt

1/3 cup maraschino syrup

2 1/2 tsp. baking powder

(drained from cherries)

1/2 cup shortening

1 bottle (5 oz.) maraschino cher-

1 1/4 cups sugar

ries cut fine

2 eggs

1/2 cup chopped walnuts

1/3 cup milk

Sift the flour, salt, baking powder twice. Cream shortening and sugar, stir in egg yolks. Add liquids and dry ingredients, alternately to creamed mixture. Fold in stiffly beaten egg whites. Add chopped maraschino cherries and walnut meats. Bake in two 8 inch greased pans in moderate oven (375 degrees F.) about 25 minutes. Frost with your favorite boiled icing.

CHOCOLATE SPICE CAKE

Cream together:

$\frac{1}{2}$ cup shortening

1 $\frac{1}{2}$ cups sugar

Beat In:

4 eggs - one at a time

Dissolve:

$\frac{1}{3}$ cup cocoa in a little hot

water and add to above mixture.

Sift together:

2 $\frac{1}{4}$ cups flour and 1 tsp. baking $\frac{1}{4}$ tsp. cloves

powder

$\frac{1}{4}$ tsp. nutmeg

$\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ tsp. cinnamon

Dissolve:

$\frac{3}{4}$ tsp. soda in 1 cup sour milk

Alternate milk and flour mixture into creamed mixture - beat well and bake in two layer tins at 350 for 30 minutes or until done.

STREAMLINE CHOCOLATE CAKE

1 $\frac{1}{2}$ cup granulated sugar

$\frac{1}{2}$ tsp. salt

2 eggs

1 cup sour milk

2 squares chocolate, melted

1 tsp. soda

2 cups cake flour (all purpose will do)

2 tsp. lemon juice

1 tsp. vanilla

$\frac{1}{2}$ cup butter

Method: Cream sugar and butter thoroughly. Add 1 unbeaten egg and beat thoroughly. Add second egg and beat as before. Fold in melted chocolate, add sifted flour and salt alternately with sour milk. Dissolve soda in the lemon juice and add immediately. Add vanilla and bake in 2 9" layer cake pans lined with wax paper, in oven 375 degrees for about 30 minutes.

Icing:

3 tbs. butter

2 squares chocolate, melted

1 tbs. cold coffee

1 tbs. cream

1 tsp. vanilla

Enough confectioners sugar to spread - about 2 cups. (Streamline, because it disappears so quickly)

CLOVE CAKE

3 egg yolks and 1 white	1/2 cup sour milk
1/2 cup butter	1 teaspoon soda
1/2 cup sugar	2 teaspoons cloves
1/2 cup molasses	2 cups pastry flour

Cream butter and add sugar gradually. Add the beaten egg whites and yolks mix well; add molasses then the flour which has been sifted with soda cloves and a pinch of salt; add alternately with sour milk.

Bake in moderate oven (375 degrees) in two eight inch layer pans for about 25 minutes. Frost with 7 minute frosting which has a half cup raisins.

COFFEE DATE CAKE

1 cup stoned chopped dates	1 egg, well beaten
1/2 teaspoon of soda	1 cup of nut meats, broken
1 cup of hot coffee	1/4 teaspoon of salt
3 tablespoons of shortening	1 1/2 cups cake flour
1 cup sugar	3 teaspoons of baking powder

Sprinkle soda over dates, add hot coffee and cool. Cream shortening with 1/2 of sugar, add egg, remaining sugar, coffee, dates, nuts and salt and flour with baking powder. Bake in greased oblong pan (9x14) in moderate oven about 35 minutes.

Spread with coffee butter frosting when cake is still slightly warm. 1/4 cup butter, 2 cups powdered sugar, 1 tablespoon cocoa, 3 tablespoons hot black coffee. Mix in order given.

EASY LUCY CHOCOLATE CAKE

2 squares chocolate	1/2 teaspoon soda
1/2 cup boiling water	1/4 teaspoon salt
1/4 cup shortening	1 large egg
1/4 cup sour milk	1 cup flour
1 cup sugar	

Put chocolate, shortening and boiling water in pan, when thoroughly mixed, stir in sugar and sour milk. Sift flour, salt and soda and add to mixture. Add egg unbroken and beat until smooth. Bake 25 minutes in moderate oven.

BUSY DAY CHOCOLATE CAKE

Measure:

1 ½ cups sifted cake flour

Sift with:

1 tsp. baking soda

¼ tsp. salt

Dissolve:

1 cup sugar in

1 cup of sour milk

Add:

1 well beaten egg

Blend in:

2 squares melted unsweetened chocolate 2 tbsps. melted butter

Add dry ingredients. Beat after each addition - Add 1 tsp. vanilla last. Turn into greased and floured 8 x 8 inch pan. Bake 35 minutes at 350 degrees

MARSHMALLOW CHOCOLATE CAKE

16 marshmallows

1 teaspoon salt

2 sqs. chocolate

2 eggs

½ cup hot water

1 cup sugar

1 ½ cups sifted cake flour

1 cup sour cream

½ teaspoon soda

1 teaspoon vanilla

1 teaspoon baking powder

Melt marshmallows and chocolate over hot water. Add hot water, beating to smooth paste. Cool - sift flour - measure and resift with baking powder, soda and salt. Beat eggs - add sugar, whip until creamy. Add sour cream, stir until smooth. Fold flour into egg mixture. Carefully fold in chocolate, marshmallow paste and vanilla. Bake in two layers, 30 to 40 minutes at 375 F.

TOASTED NUT CHOCOLATE CAKE

2 tsp. Calumet baking powder

2 cups sugar

3 sq. Baker's chocolate

2 eggs

1½ cups milk

½ cup butter

½ tsp. salt

1 cup chopped & toasted walnuts

1 tsp. vanilla

2 cups Swansdown cake flour

Cream shortening, add gradually 1½ cups sugar, add well beaten

egg yolks. Blend in melted chocolate. Sift flour, salt and baking powder and stir into creamed mixture, alternately with milk. Beat egg white stiff and add the remaining sugar ($\frac{1}{2}$ cup). Fold into batter. Add vanilla and nuts. Pour into 2 well greased floured 9" square tins. Bake at 375 degrees for 45 minutes or until cake draws away from side of pans.

To toast nuts, brown in moderate oven until nuts are golden brown in color. Flour very lightly before adding to cake batter.

DEVILS FOOD CAKE

$\frac{1}{2}$ cup butter or vegetable shortening	$\frac{1}{2}$ cup boiling water
1 cup white sugar	2 cups sifted flour
$\frac{1}{2}$ cup brown sugar	$\frac{1}{4}$ tsp. salt
4 egg yolks	1 tsp. soda
3 squares bitter chocolate	1 cup sour milk
	1 tsp. vanilla

Cream butter and both sugars thoroughly. Add vanilla. Beat in egg yolks one at a time. Melt chocolate in boiling water and cool then add to butter mixture. Sift dry ingredients and add alternately with milk to mixture. Bake in eight inch cake pans at 350 degrees for 40 minutes.

DEVILS FOOD CAKE

Cream together:

$\frac{1}{2}$ cup shortening

1 $\frac{1}{4}$ cup brown sugar

Add:

2 eggs - one at a time

Dissolve:

1 tsp. soda in 1 cup sour milk

Add alternately with sifted:

1 $\frac{3}{4}$ cups cake flour, to sugar,
shortening and egg mixture -

$\frac{1}{2}$ tsp. salt

Add melted:

2 sqs. chocolate

1 tsp. vanilla

Bake at 350 degrees for 30 to 35 minutes.

DEVILS FOOD CAKE

Have the following ingredients at room temperature 70 to 75 degrees. Sift together dry ingredients into a bowl:

2 cups pastry flour	Blend in as for pie crust:
1 $\frac{3}{4}$ cups sugar	$\frac{1}{2}$ cup shortening
$\frac{1}{2}$ cup cocoa	1 $\frac{1}{2}$ cups milk
$\frac{1}{2}$ tsp. salt	1 tsp. vanilla
1 tsp. soda	2 eggs
1 tsp. cream of tartar	Few drops of red coloring

Add $\frac{1}{3}$ of the milk to above mixture. Beat eggs in one at a time. Add balance of milk, flavoring and coloring and continue beating until smooth. Keep sides of bowl scraped down during mixing. Do not over mix, as cake shrinks badly after baking. Batter will seem very thin but do not add more flour. Bake at 350 for 30 minutes. Use 3 9" layer pans.

FRUIT CAKE

1 lb. butter	1 tsp. cinnamon
1 lb. cocoanut	1 tsp. allspice
1 lb. raisins	1 tsp. mace
1 lb. currants	$\frac{1}{2}$ tsp. ginger
$\frac{1}{2}$ lb. candied peel	Fruit juice as needed
$\frac{1}{2}$ lb. candied fruit	2 cups flour
2 cups chopped walnuts	2 tsps. baking soda
2 apples chopped	1 cup sugar
1 bottle marachino cherries	5 eggs beaten

Prepare the fruit and nuts, cocoanuts and cut the butter in, then the flour, and mix well so that each individual piece is well dredged. Add the sugar and mix well; add the spices. Beat the eggs and add. The fruit juice is added when more liquid is needed. Both the flour and juice may be varied according to the consistency of the batter.

Bake this cake in a very slow oven, around 325 degrees, for about 1 hour. This is a large recipe and makes about 3 loaf pans. Some of the cherries may be used to garnish the top. Is best when kept wrapped in waxed paper in tight container for a month or more.

FEATHER DEVILS FOOD CAKE

- | | |
|---------------------------------------|----------------------------|
| 1/2 cup shortening | 1/2 cup hot water |
| 1 cup white sugar | 2 cup cake flour |
| 1 cup brown sugar | 1/4 tsp. salt |
| 1 tsp. vanilla | 1 tsp. soda |
| 2 beaten eggs | 2/3 cup sweet or sour milk |
| 3 1-oz. squares unsweetened chocolate | |

Method:

Thoroughly cream shortening and sugars; add vanilla extract and eggs; beat until fluffy. Melt chocolate in hot water; blend thoroughly and cool slightly. Add to creamed mixture. Add flour sifted with salt and soda, alternately with milk, beating well after each addition. Place in two greased 9 inch layer pans. Bake in moderate oven (350) about 30 minutes.

DATE CUP CAKES

- | | |
|----------------------------|-----------------------------------|
| 1/2 cup soft butter | 1 3/4 cup flour |
| 1 1/2 cups brown sugar | 3 tsp. baking powder |
| (or 1 brown and 1/2 white) | 1 tsp. each cinnamon and nutmeg |
| 2 eggs | |
| 1/2 cup milk | 1/2 lb. dates (stoned and cup up) |

Place all ingredients in bowl and beat with wooden mixing spoon for 3 minutes. Bake in cups for 35 minutes in moderate oven.

BOILED FRUIT CAKE

- | | |
|------------------|--------------------------|
| 2 cups sugar | 2 tsps. soda |
| 2 cups water | 3/4 tsp. salt |
| 1 cup butter | 1 pound pecans |
| 4 cups flour | 1 pound sliced pineapple |
| 5 tsps. cocoa | 1 pound cherries |
| 2 tsps. cinnamon | 1 box raisins |
| 1/2 tsp. nutmeg | |

Place water, sugar and butter in boiler, let come to a boil, set aside to cool. Sift flour, cocoa, cinnamon, nutmeg, soda and salt together, put fruit, nuts in dry ingredients, then add boiled liquid. Bake in 275 degree oven for around 5 hours, with water above and below cake. Makes around 6 pounds of cake.

SCOTCH WHITE FRUIT CAKE

Chop fairly fine:

1/2 lb. candied cherries 1/4 lb. citron

1/2 lb. candied pineapple

Blanch 1/2 lb. almonds and leave whole

Add:

1 cup white raisins 6 tbs. orange juice

1/2 lb. moist grated cocoanut

Let this stand an hour or more

Beat 6 egg whites stiff, adding 1/2 tsp. salt. Add 3/4 cup sugar and beat until it stands in peaks. Sift and measure 2 3/4 cups flour, sift again with 3 tps. tartrate baking powder.

Have creamed 3/4 cup sugar and 1 cup fortified margerine.

Add to this:

1 tbs. grated orange rind 6 egg yolks beaten

1/2 cup orange juice

Add fruit to flour mixture and fold in the beaten egg whites carefully. Bake in large well greased tube pan at 300 degrees for 4 hours.

GRAHAM CRACKER CAKE

1/2 cup butter

1 cup milk

1 cup sugar

1/2 cup walnut meats

2 eggs

1 cup crushed pineapple (with juice)

1 3/4 cup graham cracker crumbs
(ground fine)

1 cup sugar

2 tsp. baking powder

For topping:

Cream butter, add sugar and blend well. Add well beaten egg yolks. Combine ground graham cracker crumbs with baking powder and add alternately with the milk. Add the walnut meats and then carefully fold in the egg whites which have been beaten stiff but not dry. Pour into a greased 8x8 inch pan and bake in a moderate oven (350 deg.) for 35 min. To make the topping - boil pineapple juice and sugar together to the thick syrup stage (approximately 8 minutes). Chill and pour over top of cool cake. Garnish with whipped cream.

LEMON ROLL

Drop into a bowl and beat well: 3 whole eggs

Add: 1 cup sugar and continue to beat

Add: $\frac{1}{4}$ cup cold water

Then add: The following after they have been sifted together.

1 cup cake flour $\frac{1}{2}$ tsp. salt

2 tsp. baking powder

Add:

1 tsp. vanilla

1 tsp. lemon

Bake on jelly roll sheet with batter not more than $\frac{1}{4}$ inch deep in pan. Line the pan with heavy paper well greased. Bake at 400 degrees for 10 or 12 minutes.

Filling

Cook in double boiler:

1 cup sugar

1 tsp. butter

1 egg

Mix:

2 $\frac{1}{2}$ tbs. cornstarch with

$\frac{1}{2}$ cup cold water and add to

sugar and egg

Add: Juice and rind of 2 lemons

Cook until thick and well done (so that cornstarch does not have a raw taste). Cool and spread on cake.

MATRIMONIAL CAKE

1 $\frac{1}{4}$ cup oatmeal

1 tsp. soda

1 $\frac{1}{4}$ cup flour

$\frac{3}{4}$ cup crisco melted

1 cup brown sugar

Take:

2 cups dates

1 cup water

1 cup sugar

Cook together until mushy - do not chop dates as they will melt during cooking.

Put layer of dough and layer of dates in pan with layer of dough on top. Bake in moderate oven 350 degrees until brown. Cool and cut in squares.

Mix and put half into 9x10 pan - saving half for the top.

WHITE FRUIT CAKE

Soak until plump, then drain and dry

2 lbs. white raisins

Mix with the following fruits that have been cut up

1/2 lb. citron 1 cup cocoanut

1/2 lb. candied pineapple 2 1/2 cups blanched almonds,

1/2 lb. candied cherries chopped

Add: 1/2 tsp. soda dissolved in 1/3 cup sweet milk

Have well creamed: 1 1/2 cups shortening, 2 cups sugar

Sift together: 4 cups flour, 1 teaspoon cream of tartar

Add alternately:

12 stiffly beaten, but not dry, egg whites to the flour mixture.

When thoroughly mixed, combine fruit and nut mixture. Line

and fill pans 2/3 full and bake in moderate oven 1 1/2 hours or until

done. If one large cake is made bake 3 to 4 hours. Makes about

10 pounds.

JELLY ROLL

Beat until thick and light: 3 egg yolks

Gradually add: 1 1/2 cups sugar beating well between each addition

Add: 6 tbs. cold water and beat well

Sift together:

1 1/2 cups flour

1 1/2 tsp. baking powder

3/4 tsp. salt

Fold into above mixture - then fold in:

3 stiffly beaten egg whites and pour batter in jelly roll pan, having batter about 1/8 inch deep. Bake in moderate oven at 375 degrees about 15 minutes until lightly browned. Turn out on damp cloth and sprinkle with powdered sugar. Spread with lightly beaten jelly and roll while still warm. Wrap in a damp cloth and when cool remove to plate and sprinkle with powdered sugar. Work quickly as cake will crack in rolling if it cools.

Note: Jelly Roll pans should be lined with waxed paper and this removed just as soon as cake comes from pan. Should any edges of cake be too brown trim off before rolling.

ORANGE LAYER CAKE

- | | |
|--|---------------------------|
| 1 1/2 cups sifted Swans Down
cake flour | 1 tsp. grated orange rind |
| 1 1/2 tsps. Calumet baking
powder | 2 eggs unbeaten |
| 1/4 tsp. salt | 1/2 cup butter |
| | 1 cup sugar |
| | 1/2 cup orange juice |

Sift flour once, measure, add baking powder, salt and sift together three times. Add orange rind to butter, cream thoroughly. Add sugar gradually, creaming until light and fluffy. Add eggs, one at a time, beating thoroughly after each. Add flour alternately with orange juice, a small amount at a time, beating after each addition until smooth. Bake in two greased 8-inch layer pans in moderate oven (375) 25 minutes. Spread with orange butter frosting.

ORANGE SUNSHINE CAKE

Cook 1 1/4 cups sugar and 6 tablespoons orange juice until it makes a syrup that spins a thread when dropped from a spoon.

Pour while hot over: 6 stiffly beaten egg whites a little at a time beating constantly and beat until cooked as for boiled icing.

Beat egg yolks until thick adding:

1/2 tsp. baking powder to the yolks and another 1/2 tsp. baking powder to 1 cup sifted cake flour and 1/8 tsp. salt.

Add 1 tsp. grated orange rind.

Blend this mixture carefully into the egg white mixture and bake in tube pan for 50 minutes in a very moderate oven 300 to 350 degrees.

PRUNE CAKE

- | | |
|-----------------------------|-----------------------|
| 1/2 cup butter | 1/4 tsp. allspice |
| 1 cup brown sugar | 1/4 tsp. nutmeg |
| 1 whole egg | 1/8 tsp. cloves |
| 2 egg yolks | 2 cups sifted flour |
| 1 cup chopped cooked prunes | 3/4 cup milk |
| 1/2 tsp. salt | 2 tsps. baking powder |

Cream butter and sugar; add beaten egg and egg yolks. Add mixed dry ingredients alternately with milk. Bake in 350 degree oven until done.

ORANGE RAISIN CAKE

- | | |
|-----------------|-------------------|
| 1/2 cup butter | 2 cups cake flour |
| 1 cup sugar | 1/2 tsp. salt |
| 2 beaten eggs | 1 cup raisins |
| 1 tsp. vanilla | 1 medium orange |
| 1 cup sour milk | 1 cup sugar |
| 1 tsp. soda | |

Cream butter and sugar, add beaten eggs and vanilla and beat. Squeeze juice from orange, mix with sugar and set aside for icing. Put rind of orange through food grinder, then grind again with raisins. Add this mixture to batter, then add sour milk alternately with sifted dry ingredients. Beat until smooth. Bake in greased 8 x 13 inch pan, in moderate oven (350 degrees) about 40 minutes. Remove from oven and spread with mixture of sugar and orange juice. This cake is good served warm.

PINEAPPLE ORANGE UPSIDE-DOWN CAKE

- | | |
|-----------------------|-------------------------|
| 1 can No. 2 pineapple | 1 cup sugar |
| 1 large orange | 1/2 cup pineapple juice |

Slice whole orange about 1/8 inch thick - arrange on bottom of cake pan. Then place a slice of pineapple on each orange slice and then pour over the pineapple juice and sugar. Simmer until orange slices are clear and rind is cooked. Cool.

Cream:

- | | |
|-------------------------|----------------------|
| 1/2 cup shortening | 3 tsp. baking powder |
| 1 cup sugar | 2/3 cup milk |
| 2 eggs beaten | 1 tsp. vanilla |
| 2 1/4 cups sifted flour | |

Mix in usual manner and pour onto orange and pineapple slices. Bake 50-60 minutes at 350 degrees.

POTATO CAKE

- | | |
|-----------------------------------|---------------------------------|
| 1 cup butter | 1/4 tsp. cloves |
| 2 cups sugar | 1/8 tsp. nutmeg |
| 4 eggs-beaten | 1 cup sour milk |
| 1/2 cups melted chocolate | 1 tsp. soda (sifted with flour) |
| 1 cup grated cold boiled potatoes | 2 1/2 cups sifted flour |
| 1 tsp. cinnamon | 1 cup chopped walnuts |

Bake in moderate oven for 45 minutes.

POUND CAKE

- | | |
|---------------|-----------------------------------|
| 2 cups flour | 1 tsp. baking powder |
| 2 egg yolks | 1/2 tsp. soda |
| 1 cup sugar | Vanilla 1 tsp. or other flavoring |
| 1/2 pt. cream | Pinch of salt |

Mix cream and sugar and add beaten egg yolks. Sift flour and baking powder and salt and stir in gradually. Add flavoring and soda dissolved in 1 tbs. hot water. Pour in pound coffee cans and bake in slow oven for 1 hour.

Frosting

Mix 1 1/2 cups brown sugar with 3 tablespoons cream, 1 tablespoon butter. Bring to boil. Cool. Beat until right to spread on cake.

SOUR CREAM CAKE

- | | |
|-----------------------------------|----------------------------------|
| 1 cup sugar | 1 tsp. baking powder sifted with |
| 1 cup sour cream | 1 1/2 cups regular flour |
| 1 tsp. soda (add to cream) | 1/2 tsp. salt |
| 2 eggs beaten well and separately | 1 tsp. vanilla |

Bake in large pan in moderate oven.

INEXPENSIVE SPICE CAKE

Cream 1 cup sugar, 1/2 cup shortening.

Sift and add:

- | | |
|-----------------------------------|-------------------------|
| 2 cups flour | 1/2 tsp. salt |
| 1 tsp. soda | 1 cup sour milk |
| 1/8 tsp. each cinnamon and cloves | 1/2 cup nuts or raisins |

Mix well and bake at 350 degrees for 25 minutes.

HOT WATER SPONGE CAKE

Beat in mixer for ten minutes:

- | | |
|--------|--------------|
| 4 eggs | 2 cups sugar |
|--------|--------------|

Add 1 cup boiling water

2 cups cake flour measured before sifting and sift the following together 3 times:

- | | |
|------------------------|---------------|
| 1 tsp. cream of tartar | 1/8 tsp. salt |
| 1 tsp. baking powder | |

Add 1 tsp. vanilla

Fold into egg and water mixture and bake at 375 for 30 minutes, if in layer pans - or for one hour in a tube pan.

SPEEDY SPONGE CAKE

Beat well 4 eggs

Add slowly: 1 cup sugar

Fold in:

1 cup sifted cake flour to which

1 tsp. baking powder has been
added

Pinch of salt

Lastly add: 1 tsp. vanilla

Pour into well greased and floured pan - bake as for any other sponge cake. Also makes delicious cup cakes or can be used for jelly or cream roll by baking in jelly roll pan.

Baked On Frosting

Beat 1 egg white with $\frac{1}{4}$ tsp. baking powder. Gradually beat in $\frac{1}{2}$ cup brown sugar - spread over hot cake. Sprinkle with $\frac{1}{4}$ cup chopped nut meats. Bake in moderate oven (350 degrees) until lightly browned, about 15 minutes.

WHITE CAKE

With Lemon Filling and White Frosting

4 egg whites

$\frac{3}{4}$ cup milk

$\frac{1}{2}$ cup butter

2 cups cake flour

1 cup sugar

$2\frac{1}{2}$ tsps. baking powder

1 tsp. vanilla

$\frac{1}{4}$ tsp. salt

Sift flour once, measure, add baking powder and salt; sift three times. Cream butter, add sugar and cream until light, add flour alternately with milk, in small amounts, beating after each addition, add vanilla. Beat egg whites until they stand in peak, stir in well. Bake in 2 greased layer pans in moderate oven (400 degrees) 20 to 25 minutes.

Lemon Filling

1 cup sugar

$\frac{1}{4}$ cup lemon juice

$2\frac{1}{2}$ tbs. flour

1 egg

Grated rind of 2 lemons

1 tsp. butter

Mix sugar and flour, add grated rind, lemon juice and egg slightly beaten. Put butter in sauce pan; when melted add mixture and stir constantly until boiling point is reached. Care must be taken that mixture does not adhere to bottom of saucepan. Cool before spreading.

TOMATO SOUP CAKE

1/2 cup butter	1 tps. each cloves, cinnamon
1 cup sugar	1/2 tsp. salt
1 tsp. soda	2 cups raisins
1 can tomato soup	1/2 cup nut meats
2 cups flour	

Cream butter, sugar, add soda to tomato soup. Sift flour and spices - add raisins, nut meats, floured slightly. Bake in loaf tin, one hour (325 degrees.)

FEATHER CAKE

2 1/2 cups sifted cake flour	4 egg yolks well beaten
3 rounded tps. baking powder	1/2 cup water
3/4 cup butter or other shorten- ing	1 tsp. vanilla
1 1/4 cups sugar	1/2 tsp. lemon extract
	4 egg whites stiffly beaten

Sift flour once, measure, add baking powder and sift together three times. Cream butter thoroughly, add sugar and cream together until light and fluffy. Add egg yolks; then flour and water alternately a small amount at a time. Beat after each addition until smooth. Add flavoring. Fold in egg whites. Bake in two greased 9 inch layer pans in moderate oven 25 minutes. Put layers together with a favorite filling or frosting. (Royal baking powder is used in this recipe).

KISS ME WHITE CAKE

Cream 1/2 cup butter or other shortening

Add:

4 egg yolks	1 tsp. almond flavoring
1/2 cup sugar	1 large cup flour

Sifted with 1 tsp. baking powder.

Add 9 tbs. milk

Put in 2 layer tins and spread the following meringue on the top: Beat 4 egg whites stiff. Add 1 cup sugar gradually to the beaten eggs. Sprinkle chopped nuts on top of the meringue and bake in a slow oven for 1/2 hour. Put fruit and whipped cream between layers after they have cooled.

SNOW CAKE

Cream very thoroughly 1 cup butter. Add a little at a time 2 cups sugar and beat until well mixed and fluffy. Sift before measuring:

3 cups flour

$\frac{1}{2}$ tsp. salt (sift 4 times)

3 tsp. baking flour

Add alternately with

1 cup milk

$1\frac{1}{2}$ tsp. vanilla

Beat until smooth after each addition. Fold in - stiffly beaten egg whites (six). Bake in 2 layer pans at 350 degrees for 35 minutes. Let layers stand 5 minutes in pans to cool then turn out on cake rack. Spread eggnog filling between layers and cover with icing.

Eggnog Filling

Put in double boiler:

4 egg yolks beaten until light
and creamy

3 tbs. flour

$\frac{1}{2}$ cup butter

$1\frac{1}{4}$ cups sugar

Cook over simmering, not boiling water until thick. Remove from heat and beat until cool. Then add:

1 grated lemon rind

$\frac{1}{2}$ cup seedless raisins

1 cup coarsely chopped nuts

$\frac{1}{4}$ cup rum, brandy or whiskey

$\frac{1}{4}$ cup finely chopped citron

Stir until well mixed - takes an hour to an hour and one half for filling to cook for best results. Spread between layers of cake and frost cake.

WIND CAKE

4 egg yolks

4 egg whites stiffly beaten

$\frac{3}{4}$ cup cold water

Pinch of salt

$1\frac{1}{4}$ cup sugar

$\frac{1}{4}$ tsp. cream of tartar

$1\frac{1}{2}$ cup flour

Vanilla

Beat egg yolks until lemon color - add water a little at a time, beating after each addition. Add sugar, a small amount at a time and beat after each addition. Gradually add flour beating well, add cream of tartar and vanilla, beat well before folding in stiffly beaten egg whites. Bake in angel food pan in slow oven 1 hour. Increase heat of oven last 15 minutes (Slightly). Do not open oven during baking period. The success of this cake depends on the large amount of beating.

SPEEDY SPONGE CAKE

- | | |
|-------------------------|-----------------------------------|
| 2 eggs | 1 tsp. baking powder |
| 1 cup sugar | 1 tbs. butter |
| 1 cup enriched flour | $\frac{1}{2}$ cup milk (hot) |
| $\frac{1}{8}$ tsp. salt | $\frac{1}{4}$ tsp. almond extract |

Beat eggs until light and thick. Slowly add sugar and beat with a spoon five minutes or with electric mixer $2\frac{1}{2}$ minutes. Fold sifted dry ingredients into egg and sugar mixture all at once. Add extract. Bake in waxed-paper-lined 8-inch square pan in moderate oven (360 degrees) 30 minutes.

LAZY DAISY CAKE

(to be served warm)

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|--------------------------|--------------------------|
| $\frac{1}{4}$ cup butter | Salt |
| 1 cup sugar | $1\frac{1}{2}$ cup flour |
| 1 egg beaten | 1 tsp. baking powder |
| $\frac{1}{2}$ cup milk | |

Bake at 350 degrees for 25 minutes.

When baked put on top the following mixture:

- | | |
|----------------------|-----------------|
| 3 tbs. butter melted | 2 tps. cream |
| 5 tbs. brown sugar | 1 cup cocoa nut |

Spread on cake and put under broiler until brown.

BUTTER SCOTCH ICING

- | | |
|---------------------------------|------------------------------|
| 1 cup brown sugar firmly packed | $\frac{1}{4}$ cup shortening |
| 2 tbs. butter | $\frac{1}{4}$ tsp. salt |
| 1 tbs. corn syrup | 2 cups confectioner's sugar |
| $\frac{1}{2}$ cup milk | 3 tbs. hot milk |

Combine brown sugar, butter, $\frac{1}{4}$ cup milk and 1 tbs. corn syrup in a sauce pan and cook until a small amount forms a hard ball in cold water. (250 degrees.)

Stir constantly after mixture starts to boil. Remove from fire. Combine shortening and salt adding sugar gradually, creaming well. Add hot milk then pour over butter scotch mixture gradually and beat until smooth and thin enough to spread. Makes enough to cover sides and top of a 10x10 cake 2 inches deep or top and sides of two 8 inch layers.

PECAN WHIPPED CREAM CAKE

3 cups pecans cropped very fine 3 tbs. flour sifted
6 eggs 1 tsp. baking powder
1½ cups sugar 1 pint whipping cream

Beat egg yolks well, add sugar and beat. Mix baking powder and flour with the nuts - then mix them with the egg whites which have been beaten stiff. Stir into the yolks. Bake in 2 layers and when cool put together with whipped cream, flavored and sweetened to taste.

ANGEL FOOD FROSTING

Boil together in double boiler - Stirring from edge of pan during cooking:

1 small can crushed pineapple Until thick chill - and add:
1 cup sugar ½ pt. whipped cream or avoset
8 or 10 egg yolks 1 tsp. vanilla

To be put on cake after it is cut for serving. 8 or 10 servings.

BOILED ICING

1 egg white ½ cup tart jelly such as red
1 dash of salt currant

Put together in top of double boiler over boiling water and beat with egg beater from 5 to 7 minutes. You can tell when done by the way it stands up. Will cover 2 layer cake.

BOILED FROSTING

2 cups sugar ⅓ cup water
⅓ cup light corn syrup 2 egg whites
1 tsp. vanilla

Cook sugar syrup and water together, stirring until sugar is dissolved. Boil, without stirring, to 244 degrees (or until syrup forms a rather firm ball when tested in cold water). Pour syrup slowly over the beaten egg whites, beating constantly until mixture holds its shape. Add the vanilla. This frosting will keep in a covered jar in a cool place. If it becomes hard on standing, add a very small amount of hot water and beat well.

QUICK CARAMEL FROSTING

1 cup brown sugar

$\frac{1}{4}$ tsp. salt

5 tbs. butter

Bring to boil - stir constantly. Add: $\frac{1}{3}$ cup milk and boil 3 minutes longer. Cool and add enough confectioner's sugar to right thickness. Add $\frac{1}{4}$ tsp. vanilla.

CHOCOLATE FROSTING

Melt 2 tbs. shortening, 1 tbs. butter, 3 oz. of chocolate over hot water. Cool and combine with: 5 tbs. hot milk, 2 cups sugar (powdered), $\frac{1}{3}$ tsp. salt, $\frac{1}{2}$ tsp. vanilla. Beat until thick enough to spread.

CREAM CHEESE FROSTING

1 pkg. cream cheese

1 tsp. orange juice

2 cups confectioner's sugar

$\frac{1}{2}$ tsp. orange rind

Blend cream cheese and sifted sugar. Add the orange juice and grated rind, blend again. Spread on cake.

MARSHMALLOW ICING

(baked on cake)

Arrange 12 marshmallows cut crosswise over batter. Sprinkle $\frac{1}{2}$ cup brown sugar and $\frac{1}{2}$ cup nuts over top and bake. (For light cakes).

REFRIGERATOR FROSTING

2 $\frac{1}{2}$ cups sugar

$\frac{1}{2}$ cup water

$\frac{1}{2}$ cup light corn syrup

2 egg whites

1 tsp. vanilla

2 tps. sugar

Cook sugar, syrup and water to 242 degrees or until a firm ball when tested in cold water. Beat egg whites add 2 tsp. sugar. Beat thoroughly then slowly add the hot syrup mixture beating until it will hold its shape. Add flavoring. Spread on cake or put in tightly covered jar and keep in refrigerator. If it becomes stiff, add a few drops of hot water and mix well. Makes good divinity candy with nuts added.

COCONUT ICING

(baked on cake)

When half of batter is in pan, spread with $\frac{1}{2}$ this mixture:

6 tbs. water

2 oz. sweet chocolate (melted)

2 cups shredded coconut

1 square chocolate, unsweetened (melted)

Add rest of batter. Bake cake. Immediately spread with rest of icing.



KODAKROME BY LU LISTON

Copper River Country

BREADS and ROLLS

POTATO YEAST

- | | |
|---------------------------|---------------------------------|
| 6 Potatoes | 1 Cake Fleischmann's yeast, or |
| 2 Quarts water | 1 cup (about) of leftover yeast |
| 4 Tablespoons flour | from previous batch |
| 2 tablespoons white sugar | |

Peel and boil the potatoes until they break. Leaving the water on the fire, take out the potatoes and mash fine with the flour and sugar, wetting gradually with the hot water until it is all used. Have yeast dissolved in $\frac{1}{2}$ cup of lukewarm water. When potato mixture cools to lukewarm, add the yeast, and set aside in an open vessel in a warm place to ferment. When fermented put into bottles or fruit jars and keep in refrigerator, or coolest place possible, without freezing.

Use approximately 1 cup of yeast to make two two-pound loaves of bread. You have to work out your own formula, depending upon the speed, etc. of your rising. It is possible to have it go sour in bread if not kept cool enough and if not enough yeast is used to raise bread in a reasonable time.

HOW TO START A SOURDOUGH POT

Take a gallon crock or cookie jar and put in

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|---------------------|--|
| 2 Cups flour | $\frac{1}{2}$ teaspoon yeast (Use Maca |
| 1 teaspoon salt | dry yeast or Fleischmann's |
| 3 tablespoons sugar | dry) |
| | 2 Cups lukewarm water |

Stir till mixture is a smooth thin paste. Put on lid and set in a warm place to sour. Stir it several times a day. In two or three days your sourdough will be ready. If you are out in "The Woods" and have no yeast add 4 tablespoons sugar and one $\frac{1}{2}$ tsp. salt to the start and it will sour the same, only it takes about five days.

The night before you want to make hotcakes add 2 cups of flour, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon salt and about 2 cups water, enough to make a thick paste; as it works over night it will thin down. In

the morning pour out into a bowl enough dough for your hotcakes, leaving a cupful or a little more in the sourdough pot. Set the pot away until you want to use it again.

To your hotcake dough add 2 level tablespoons sugar, 1 teaspoon salt and 3 tablespoons melted shortening or bacon grease; one egg can be added if desired. Mix well and add 1 teaspoon soda dissolved in a tablespoon of water. If your dough seems too thick use a little more water. Fold in soda gently and don't stir after the soda has been added. If the hotcakes are tough, use less sugar next time. Your hotcakes are ready to be baked on a greased griddle.

SOURDOUGH MUFFINS

$\frac{1}{2}$ cup whole wheat flour	lute)
1- $\frac{1}{2}$ cups white flour	1 egg
$\frac{1}{2}$ cup shortening melted	1 cup raisins
$\frac{1}{2}$ cup sugar	1 teaspoon salt
$\frac{1}{2}$ cup canned milk (do not di-	1 teaspoon soda

Add enough sourdough to make the mixture moist and hold together just like ordinary muffins. Stir only enough to blend. Bake in greased muffin tins at 375 degrees for 30 or 35 minutes. They usually bake slower than ordinary muffins so it's a good idea to test them and maybe it will be necessary to bake them.

SOURDOUGH BREAD

1 quart sourdough	sugar)
1 quart lukewarm water	2 tablespoons salt
$\frac{3}{4}$ cup or 1 cup sugar (if you	6 tablespoons shortening melted
like sweeter bread use 1 cup of	12 cups of flour

Mix in the order given, adding flour last, using enough of the flour to make dough that can be handled; knead until smooth and elastic. Place in greased bowl and let rise. It will take longer than yeast bread. Knead it down and let rise again. Mold into loaves and let rise and bake like ordinary bread. It is not a real light bread but good for a change. Makes four loaves of bread.

MOTHER'S COARSE BROWN BREAD

- | | |
|-------------------------------------|------------------------------------|
| 1 cake compressed yeast | 6 cups white flour |
| 4 cups lukewarm water | 2 cups whole wheat or graham flour |
| $\frac{1}{2}$ cup molasses | $\frac{1}{2}$ cup sugar |
| 1 tablespoon salt | |
| $\frac{1}{2}$ cup melted shortening | |

Dissolve yeast in $\frac{1}{2}$ cup lukewarm water; let stand 15 minutes. Add $3\frac{1}{2}$ cups lukewarm water, molasses, salt, sugar and shortening. Add enough flour to make a soft sponge. Beat thoroughly for about 10 minutes, then add rest of flour to make stiff dough. Knead then place in greased bowl, cover and set in warm place; when double in bulk, knead again. Let rise once more, then shape into loaves. Let rise until light, then bake about 45 minutes in moderate oven. Brush tops with melted butter. Makes 4 medium size loaves.

CHRISTMAS BREAD (JULE KAKA)

2 cups milk scalded, cool and add 1 cake yeast dissolved in $\frac{1}{4}$ cup lukewarm water. 1 tablespoon sugar and 3 cups flour.

Beat well and let rise in a warm place until double in bulk and light and bubbly, about 1 hour.

Cream together the following and beat well:

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|------------------------------|-----------------|
| $\frac{1}{2}$ cup shortening | 1 teaspoon salt |
| $\frac{3}{4}$ cup sugar | 2 eggs |

Put the two mixtures together and mix well. Add

- | | |
|------------------------------|---------------------------------------|
| 3 cups flour | $\frac{3}{4}$ cup chopped nuts |
| 1 cup candied fruit cut fine | $1\frac{1}{2}$ tsp. grated lemon rind |
| 2 cups raisins | |

Mix well and brush top with melted shortening. Let raise in warm place until double in bulk, about 2 hours. Shape into buns, rings or loaves and place in greased pans. Let raise in warm place until double in bulk, about 1 hour. Bake in a moderate oven 350 degrees about one hour. Frost with thin powdered sugar frosting while still warm. This makes about 3 loaves and if kept cool will keep well for a week or more.

COFFEE CAKE OR RAISED DOUGHNUTS

Warm a large mixing bowl. Place in it $\frac{1}{2}$ cup bread flour, crumble over it 1 cake Fleischmann's yeast. Make a hollow in the flour and pour into it $\frac{1}{2}$ cup lukewarm milk and water.

Stir these ingredients till well blended. Cover and put in warm place to rise for 20 minutes.

Beat till soft: $\frac{1}{2}$ cup butter. Add gradually $\frac{1}{2}$ cup sugar. Add:

$\frac{1}{4}$ tsp. salt

2 beaten eggs

1 tsp. grated lemon rind

$\frac{1}{2}$ cup water & milk

Sift 4 cups bread flour, stir part into butter mixture, then knead in the rest with the hands. Add yeast mixture and knead dough well. Cover and let rise till doubled in bulk. Shape for cinnamon rolls or coffee cake or doughnuts. Let rise again, then bake.

VINER BREAD (Danish Bread)

3 cakes compressed yeast

2 cups milk

1 teaspoon salt

2 eggs

3 tablespoons sugar

Flour

1 cup butter

Method:

Scald milk and cool to lukewarm. Dissolve yeast in small amount of milk, beat eggs slightly, reserving small amount of egg for top of dough. Combine all ingredients, adding enough flour to make a stiff dough. Beat well. Turn dough out on floured board and roll thin. Spread dough with butter, fold and roll out again; repeat this three times, spreading with butter each time. Finally roll to $\frac{1}{4}$ inch thickness, cut in strips 5 inches wide, put filling in center and fold dough over from each side. Brush top with egg, cut here and there with scissors and shape into ring. Let rise one hour, then bake 30 minutes in moderate oven.

Filling

1- $\frac{1}{2}$ cups sugar

$\frac{1}{2}$ cup chopped nuts

$\frac{1}{2}$ cup butter

Dates, apricots or prunes

$\frac{3}{4}$ teaspoon almond extract

Cook fruit and when cool add rest of ingredients and spread on dough. Sprinkle sugar and chopped nuts over dough before baking.

DANISH COFFEE BREAD

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|-------------------------|-----------------------------------|
| 1 cake compressed yeast | 8-9 cups flour |
| 2 cups scalded milk | 1 cup raisins |
| 1/2 cup butter | 1 cup nuts, chopped, or use card- |
| 1-1/2 teaspoons salt | amom seeds in place of nuts |
| 1 cup sugar | and raisins |
| 2 eggs beaten | |

Dissolve yeast in 1/2 cup lukewarm water. Add lukewarm milk into which butter, salt and sugar have been dissolved. Add eggs and enough sifted flour to make a soft sponge. Beat thoroughly. Add floured fruit and almonds and rest of flour. Knead until smooth and elastic and set in warm place to rise until double in bulk. Knead and let rise until light. Roll out, cut dough into 6 strips. Braid these strips together, thus making two loaves.

FINN BREAD

Mix 2 cups rye flour with 1 quart sour milk and let it work for at least one day in warm room. Next morning add the following ingredients:

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|----------------------------------|--------------------------------|
| 1 cup molasses, preferably Aunt | omitted) |
| Dinah brand | 1 cup potato water |
| 1/4 cup butter | 1 handful cornmeal |
| 1 cake yeast, Fleischmann's | 1 handful cracked wheat flour |
| 2 teaspoons salt | 1 cup wholewheat flour |
| 1 teaspoon caraway seeds (can be | 3 pints (or more) white flour. |

Proceed exactly as for whole wheat or rye bread. Bake 375 degrees for one hour. Yield 4 loaves.

QUAKER OATS BREAD

- | | |
|----------------------|----------------------------------|
| 2 cups Quaker oats | 1/2 tablespoon salt |
| 5 cups flour | 1 tablespoon butter |
| 2 cups boiling water | 1 cake compressed yeast dissolv- |
| 1/2 cup molasses | ed in 1/2 cup lukewarm water |

Add boiling water to oats and let stand one hour; add molasses, salt, butter, dissolved yeast cake and flour. Let rise until double in bulk, beat thoroughly, turn into buttered bread pans, let rise again and bake. This recipe makes two loaves.

SCHNICKEN

- | | |
|--|---------------------------------------|
| 2 cups scalded milk | 6 cups flour (Sperry's preferred) |
| 1½ tsp. salt | Enough to make a smooth. tender dough |
| 4 tbs. sugar | 4 tbs. shortening |
| 1 Fleischmann's yeast cake, softened in ¼ cup warm water | |

When dough is light, roll into a sheet about ¼ inch thick, spread liberally with melted butter, sprinkle with sugar and cinnamon. Add ground walnuts, if desired. Roll like cinnamon roll. With a sharp knife cut slices from roll. Have a pan prepared with 1 cup of brown sugar, 2 tablespoons of butter mixed; put in about 1 cup of whole walnuts in bottom of a cake pan or an 8 x 10 inch square pan, then cut the dough and place in on top of sugar and nuts about 1 inch apart. Let rise until double in size and bake in hot oven about 400 degrees for 20 minutes. When baked turn them upside down on a plate and serve hot.

SWEDISH RYE BREAD

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|-------------------------------|---------------------------------|
| 6 cups canned milk (diluted) | 1½ cups dark Karo syrup |
| 2 cakes yeast (Fleischmann's) | 4 cups rye flour |
| 1 cup white sugar | Salt |
| 6 tbs. brown sugar | White flour to make stiff dough |
- Mix at night and let raise overnight. Shape in loaves in morning. Let rise again. Bake in moderate oven 1 hour.

SWEET EAGLE BRAND BREAD

1 cup Eagle Brand milk (or 1 quart fresh milk).
To Eagle Brand milk add 3 cups hot water, two tablespoons of butter and let cool. Add 1 cake of Fleischmann's yeast softened in ½ cup water. Add six cups of flour with one tablespoon of salt. Let rise until light (about one hour). Add 6 or 7 cups of flour for kneading. Knead the dough until it is very smooth and will not stick to board (about ten or fifteen minutes). Let raise again until double in size, then cut into loaves and place in pans to rise until about double in size. Bake in oven 450 degrees for first fifteen minutes, then finish baking at 350 degrees. Bake from ¾ of an hour to 1 hour, usually about 50 minutes.

TOMATO BREAD

2 cups scalded tomato juice 3 tbs. sugar
2 tbs. shortening 1 tbs. salt

Combine and cool to lukewarm. Add 1 yeast cake mixed with $\frac{1}{2}$ cup warm water. Add flour to knead. Let rise until double. Make in loaves and bake same as regular loaf bread. If put into $2\frac{1}{2}$ size cans can have round slices for sandwiches.

CHRISTMAS STOLLEN OR BUTTERHORN DOUGH

2 cups scalded milk $\frac{1}{2}$ cup sugar
2 cakes yeast 3 egg yolks
1 cup shortening 1 tsp. salt

About 8 or 9 cups flour - candied fruit and raisins.

Scald milk, allow to cool to lukewarm - Mix yeast into liquid and add to milk. Add melted shortening, salt, sugar and beaten egg yolks. Add flour - stir and add fruit. Knead until smooth and elastic. Place in warm place to rise until double in bulk. When dough is ready make into braids or rolls. Let rise until light and bake in 375 degree oven. Frost with a thin powdered sugar frosting.

BUTTERHORN ROLLS

2 cakes Fleischmann's yeast, $\frac{1}{2}$ cup melted butter
 rubbed with $\frac{1}{2}$ cup sugar
1 tbs. sugar 1 tsp. salt
1 cup warm milk (scald and 3 eggs, well beaten
 cool) 4 cups sifted flour

Mix ingredients in order given. Put in warm place to rise. When light, cut dough in half and put on well floured board. Sift flour on top and roll out like pie crust. Cut (like pie) into sixteen pieces, cover generously with softened butter and roll each piece from outside edge to center. Place in well buttered pans and let rise until double in bulk. Bake in hot oven about ten minutes.

QUICK BUTTERMILK PARKER HOUSE ROLLS

Crumble into mixing bowl: 1 cake compressed yeast and 1 cup lukewarm thick buttermilk.

Add: $\frac{1}{4}$ tsp. soda, 1 tsp. sugar and 2 tbs. shortening (melted). Stir to dissolve completely.

Sift together: $2\frac{1}{2}$ cups sifted flour, 1 tsp. baking powder and 1 tsp. salt.

Add to liquid all at once, first beating with spoon, then working it in with the hand. If necessary, add a little more flour (up to $\frac{1}{4}$ cup) to make a dough that no longer sticks to mixing bowl and is easy to handle. Knead gently on lightly floured board until smooth and elastic. Roll out about $\frac{1}{4}$ inch thick, cut in rounds with biscuit cutter, spread with melted butter or other shortening. Make a crease across the rounds just below center with dull edge of straight knife. Fold over so the top slightly overlaps the under edge, then press edges together at ends of crease. Place about $\frac{1}{4}$ inch apart on lightly greased heavy baking sheet. Cover with damp cloth; let rise about 80 minutes (about $1\frac{1}{4}$ hours). Bake 15 to 20 minutes in a moderately hot oven (400 degrees). Makes about two dozen rolls two inches in diameter - very light and tender, golden brown crust.

CINNAMON ROLLS

Dissolve 2 yeast cakes in $\frac{1}{2}$ cup warm water.

Combine:

2 cups warm milk	$\frac{1}{2}$ tsp. nutmeg
$\frac{1}{2}$ cup sugar	1 cup melted shortening
1 tsp. salt	

Add yeast and 6 cups flour. Knead to a soft dough. Let raise until light. Punch down and raise again. Roll out and spread with butter, brown sugar, cinnamon and chopped nuts. Roll and cut in 1" slices. Raise until light and bake. Frost with glaze made of 2 cups powdered sugar and enough warm water to spread.

FLEISCHMANN'S YEAST ROLLS

2 cakes Fleischmann's yeast	3 eggs
$\frac{1}{2}$ cup sugar	$4\frac{1}{2}$ cups flour
1 cup milk scalded	1 tsp. salt
$\frac{1}{4}$ lb. butter	

Cream butter and sugar; add scalded milk. When mixture is lukewarm add yeast cakes that have been dissolved in a small amount

of lukewarm milk. Add eggs and beat. Add flour and salt. Knead. If hard to handle add a little more flour. Let rise until double in bulk, several hours. Make into rolls. Let rise about an hour. Bake in hot oven 425-450 degrees for about 15 minutes.

SWEET FRENCH BUNS

1 cake yeast	$\frac{1}{4}$ cup sugar
1 cup milk, scalded and cool	3 tbs. butter
$\frac{1}{4}$ cup lukewarm water	1 egg
1 tbs. sugar	$\frac{1}{2}$ tsp. lemon extract
4 cups sifted flour	1 tsp. salt

Dissolve yeast and 1 tbs. sugar in warm liquid. Add flour (about $\frac{1}{2}$ cup) to make sponge. Beat until smooth. Cover and let rise until smooth. Add melted shortening, beaten eggs, salt, sugar, extract and flour to make a soft dough, about $2\frac{1}{2}$ cups. Roll in balls about size of an egg. Bake.

ICE BOX ROLLS (FAIRY ROLLS)

$\frac{1}{2}$ cup lard	1 yeast cake
$\frac{1}{2}$ cup sugar	1 cup cold water
1 cup scalded milk	6 cups flour
1 cup hot mashed potatoes	1 tsp. salt
2 eggs	

Mix lard, sugar, milk and mashed potatoes. When cool, beat eggs and add to mixture, then add flour and salt. Dissolve yeast in water and add to mixture. After rolling out very thin, spread soft butter and roll up for slicing. Put in greased muffin tins and let rise 3 hours. Bake in hot (425 degrees) oven 10 minutes. Makes about 54 rolls in small muffin tins. The dough may be kept in refrigerator and used as needed from 3 to 5 days. It is better after a day in the refrigerator.

ICE BOX SWEET ROLL DOUGH

6 cups flour (sifted before measuring)	2 cups milk
1 tsp. salt	1 egg
1 yeast cake	10 tbsps. melted butter and more to use when making out rolls.
$\frac{1}{2}$ cup sugar	
Warm milk, dissolve yeast cake in $\frac{1}{2}$ cup. To other $1\frac{1}{2}$ cups mix	

well beaten egg and butter. Add $\frac{1}{2}$ flour (reserving 3 cups with sugar and salt). Make smooth batter - it will be like thick soup. Let stand until it rises twice its bulk, stir in rest of the flour. The dough will be too soft to handle. Cover and place in refrigerator 24 hours.

Take from refrigerator at least 3 hours before they are to be baked. These rolls are very light and fluffy, even more so if allowed to rise once before being made into rolls. Roll in melted butter and bake at 425 degrees about 20 minutes.

RYE ICE BOX ROLLS

2 yeast cakes	2 eggs
$\frac{1}{4}$ cup lukewarm water	1 cup butter or other shortening
1 cup hot water	1 cup rye flour
$\frac{3}{4}$ cup cold water	$6\frac{1}{2}$ cups white flour
2 tsp. salt	2 or 3 cardamon seeds (optional)
$\frac{3}{4}$ cup sugar	

Mix yeast cakes with 2 tbs. sugar and $\frac{1}{4}$ cup lukewarm water. Place sugar, salt and fat in bowl. Add 1 cup hot water and stir until fat is melted; add $\frac{3}{4}$ cup cold water. Mixture should be lukewarm now. Add eggs and yeast mixture. Crush cardamon seeds and add. Gradually add flour, mixing to smooth soft dough. Knead on lightly floured board until smooth and satiny. Shape into balls, place in greased bowl. Cover and set in refrigerator until needed. Remove from refrigerator; knead lightly to permit gas to escape. Let rise until double in bulk. Knead; shape into rolls; let rise again until double in bulk. Bake 20 minutes at 400 degrees. Makes $2\frac{1}{2}$ to 3 dozen rolls.

ORANGE ROLLS

2 cups water, lukewarm	1 tbs. salt
2 cakes yeast	About $1\frac{1}{2}$ qt. flour
$\frac{1}{4}$ cup sugar	

Mix—let rise, knead lightly and let rise again. Roll out like jelly roll and spread with butter - roll up and cut in 1 inch slices. Place cut side up in greased pan. Let rise and pour orange filling over rolls. Bake in 375 to 400 degree oven. A wonderful luncheon roll.

ORANGE ROLLS

2 cups milk, scalded and cooled 2 cakes yeast, dissolved in $\frac{1}{2}$
3 cups flour cup lukewarm water
Mix, let rise until light, and mix with
2 eggs beaten $\frac{2}{3}$ cup melted shortening
 $1\frac{1}{3}$ cups sugar 2 tsps. vanilla
Juice and grated rind of 2 1 tsp. salt
oranges ($\frac{2}{3}$ cup)

Thicken with flour, knead until smooth and let rise until light. Shape into loaves or rolls, place in greased pans and let rise again. Bake in hot oven.

This is nice for fancy rolls. Roll out, spread with butter, sprinkle with sugar and chopped nuts, and raisins, if desired. Roll up and cut into slices. Place in greased pan, cut side up.

ORANGE ROLLS

Boil together for 5 minutes the grated rind, juice and pulp of 2 oranges - 1 cup of sugar and $\frac{1}{2}$ cup butter. Set aside to cool while you form rolls, made of your favorite bread recipe, into any desired shape and place them in well buttered baking pans. Pour over them the above filling, after it has cooled to lukewarm. Set aside to rise. Bake quickly in an oven from 375 to 400 degrees. When done, turn out onto waxed paper, bottom side up, so that orange syrup runs down around the rolls. This amount of filling is enough for 25 medium size rolls.

SWEDISH ROLLS

$1\frac{1}{4}$ cups milk, scalded and 1 tsp. salt
cooled 3 eggs
 $\frac{1}{2}$ cup butter or other short- 2 Fleischmann's yeast cakes
ening 6 to 7 cups flour
 $\frac{1}{2}$ cup sugar

Scald milk, add butter and salt and let cool to lukewarm. Beat eggs, add sugar and beat creamy. Dissolve yeast in $\frac{1}{4}$ cup warm water and add to milk mixture. Combine milk mixture and eggs and sugar. Add 2 cups flour and beat well with large spoon. Add remaining flour gradually until ready to knead. Knead about 15 minutes. Place in greased bowl and set in warm place. When it

has raised double punch down once. Let raise again and then shape into rolls. Place on greased sheet or pans and let raise double. Bake 10 minutes at 400 degrees. Brush butter on rolls when they are baked; this keeps them soft.

This dough can be used for coffee cakes, cinnamon rolls, raised donuts, parker house rolls. Poppy or Sesame seeds can be sprinkled on before baking. This dough raises rapidly and rolls can be completed in about 2½ or 3 hours.

SWEET YEAST DOUGH

2 cakes compressed yeast	½ cup sugar
1 tbs. sugar	1½ tsp. salt
¼ cup lukewarm water	5½ cups flour
1 cup milk	2 eggs, beaten
¼ cup shortening	

Crumble yeast, stir with sugar into lukewarm water. Let stand until thoroughly dissolved. Scald milk. Add shortening, sugar and salt, let cool to lukewarm. Sift and measure flour. Stir about 2½ cups into lukewarm milk mixture. Add beaten eggs and dissolved yeast. Add most of the remaining flour, beating in gradually with spoon at first, then working in with hands just enough to form soft dough. Turn out on lightly floured board. Let rest 10 minutes. Knead lightly until smooth and satiny. Place in greased bowl, cover, and let rise in a warm place until double in bulk, about 2 hours. Punch down. Shape as desired; cinnamon and pecan rolls or basis for coffee cake or tea rings. After shaped let rise until double in bulk, about 35 or 40 minutes. Bake in oven 375 degrees 20 to 25 minutes. Makes about 3 dozen rolls.

BREADS AND ROLLS (Originals)

SWEET BREADS

SPICY APPLE BREAD

2 $\frac{1}{4}$ cups sifted pastry flour	$\frac{1}{2}$ cup sugar, plus 2 tbs. sugar
3 $\frac{1}{2}$ tsps. baking powder	1 egg beaten
$\frac{1}{2}$ tsp. salt	$\frac{3}{4}$ cup undiluted Carnation milk
$\frac{1}{2}$ tsp. cinnamon	1 cup chopped raw apples
$\frac{1}{2}$ tsp. nutmeg	$\frac{1}{2}$ cup walnuts, if desired
4 tbs. shortening	

Sift flour with baking powder, salt, $\frac{1}{4}$ tsp. cinnamon and $\frac{1}{4}$ tsp. nutmeg. Cream shortening and $\frac{1}{2}$ cup sugar. Stir in egg, then flour mixture alternately with milk. Fold in apples and nuts and put into loaf pan. Sprinkle remaining sugar, cinnamon and nutmeg and bake 45 minutes at 350 degrees.

BANANA BREAD

$\frac{1}{2}$ cup butter or shortening	2 cups pastry flour
$\frac{1}{2}$ cup sugar	1 tsp. soda
2 eggs, beaten	$\frac{1}{2}$ tsp. salt
3 medium size bananas mashed	1 tsp. vanilla

Cream butter, add sugar gradually, mix until creamy; add beaten eggs and mix well; add mashed bananas, mix well, then add flour. Bake in bread pan or small casserole dish which has been oiled or which has been sifted twice with soda and salt; fold in vanilla. greased and floured. Bake one hour or a little longer in 350 degree oven.

"MY FAVORITE BREAD"

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup sugar	2 cups flour
2 eggs	4 ripe bananas
$\frac{1}{2}$ cup nutmeats	1 tsp. soda

Cream butter and sugar, add beaten eggs, then flour and soda. Crush bananas and mix in, add nuts and raisins. Place in bread pan lined with waxed paper and bake in moderate hot oven (350 degrees) for one hour.

BOSTON BROWN BREAD

- | | |
|-------------------------|---------------------------------|
| 1 cup rye flour | 1 tsp. salt |
| 1 cup yellow corn meal | $\frac{3}{4}$ cup molasses |
| 1 cup whole wheat flour | 2 cups sour milk or butter milk |
| 2 tps. soda | |

Mix dry ingredients thoroughly; stir in molasses and milk. Do not beat. Fill 2 greased 1 qt. molds $\frac{2}{3}$ full, over with greased tight-fitting covers or tie 2 or 3 thicknesses of waxed paper or muslin over tops of molds. Steam in tightly covered kettle or steamer for $3\frac{1}{2}$ hours. (pressure cooker, 1 lbs. 55 minutes). Remove from mold.

BEST BROWN BREAD

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|---------------------------------------|-------------------------------------|
| 2 cupfuls of graham flour | $\frac{1}{2}$ tsp. of baking powder |
| $1\frac{1}{2}$ cupfuls of white flour | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ cupful cornmeal | 2 tps. soda |
| $\frac{1}{2}$ cupful brown sugar | 1 cup raisins |

Mix a scant $\frac{1}{2}$ cup of molasses with 1 pint (2 cups) sour milk and add to the dry ingredients and stir thoroughly. Bake in two oiled loaf pans (1 lb. size) and bake slowly an hour or until toothpick is dry when tested.

CHEESE PUFFS

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|--|--------------------------------|
| $\frac{1}{2}$ lb. American cheese grated | 1 cup sifted all-purpose flour |
| $\frac{1}{4}$ lb. butter | $\frac{1}{8}$ tsp. salt |

Blend all ingredients together, smooth with fingers or pastry blender. Roll into ball about the size of a marble. Place on cookie sheet and bake for 10 minutes at 350 degrees.

QUICK COFFEE CAKE

Sift together:

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|------------------------------|-------------------------|
| 2 cups sifted flour | $\frac{1}{2}$ cup sugar |
| 2 tps. Calumet baking powder | $\frac{3}{4}$ tsp. salt |

6 tbs. shortening cut into the above mixture. 1 egg, well beaten with $\frac{1}{2}$ cup milk. Add to above and blend thoroughly. Turn into a greased nine inch layer pan. Brush top with melted butter, $1\frac{1}{2}$ tablespoons. Mix together 4 tbs. sugar, 1 tbs. flour and $\frac{1}{2}$ tsp. cinnamon and sift evenly over dough. Bake in hot oven 400 degrees 25 to 30 minutes. Serve while hot. Serve in wedges.

COFFEE CAKE

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| 1½ cups Gold Medal flour | ¼ cup shortening |
| 3 tsp. baking powder | 1 egg |
| ¼ tsp. salt | ½ cup milk |
| ¾ cup sugar | 1 tsp. vanilla |

Sift flour once before measuring. Then sift flour, baking powder, salt and sugar together. Cut in shortening with 2 knives or pastry blender until mixture is like fine cornmeal. Blend in well beaten egg, mixed with milk. Then blend in vanilla and beat just enough to mix well. Pour half the batter into a well greased and floured 6 by 10 inch, or 8 inch square, heavy baking pan. Sprinkle with half the Streusel mixture. Add remaining batter and sprinkle Streusel mixture on top. Bake 25 to 30 minutes in moderate oven 375 degrees.

Streusel Filling

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|-------------------|----------------------|
| ½ cup brown sugar | 2 tbs. melted butter |
| 2 tbs. flour | ½ cup chopped pecans |
| 2 tsp. cinnamon | |

Mix sugar, flour and cinnamon together. Then blend in the melted butter and stir in the chopped nuts. Mix well and use as described above. This cake may be reheated.

SOUR CREAM COFFEE CAKE

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|-------------------------------|------------------------------|
| 1 egg beaten | 1½ cups flour - salt |
| ½ cup sugar | 2 heaping tsp. baking powder |
| 1 cup sour cream - pinch soda | |

Mix thoroughly and add 1 heaping tbs. boiling water, last - ½ tsp. vanilla. Bake in moderate oven 30 minutes. Add nuts, etc. if desired, on top before baking.

GRAHAM BREAD

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|---------------------|----------------------|
| 2 cups graham flour | 1 cup brown sugar |
| 2 cups white flour | ½ cup light molasses |
| ½ cup rye flour | 1 egg |
| 2 tsp. soda | 1 tsp. salt |
| 2 cups sour milk | |

Mix all together, leave in pan 10 minutes. Add raisins, if desired. Use more milk if needed. Batter should be about consistency of corn bread. Bake about 45 minutes.

DATE BREAD

- 1 cup dates, cut in pieces $\frac{3}{4}$ cup hot water
1 level tsp. soda
Cover and let stand while mixing other ingredients. Cream
2 heaping tbs. butter Scant $1\frac{1}{2}$ cup sugar
Add:
2 eggs, beaten 1 heaping cup floured nuts
 $1\frac{1}{2}$ cups flour 1 tsp. baking powder
Salt 1 tsp. vanilla
Mix and add dates. Bake in buttered bread tin one hour in slow oven.

PRUNE GRAHAM BREAD

- 1 cup sugar 1 tsp. soda
2 tbs. melted shortening $\frac{1}{2}$ tsp. baking powder
1 egg $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ cup prune juice 1 cup cooked chopped prunes
1 cup sour milk (or 1 cup canned milk and 2 tbs. vinegar) 1 cup chopped nuts, if desired
 $1\frac{1}{4}$ cup graham flour
 $1\frac{1}{2}$ cups white flour
Mix well and pour into well greased loaf tins (2) and bake in a moderate oven 350 degrees about 45 minutes. Keeps well.

NUT BREAD

- 2 cups graham flour 1 cup chopped walnuts
 $\frac{1}{2}$ cup sugar Milk enough to make a stiff batter.
2 cups white flour
4 tps. baking powder
Let raise 25 minutes. Mix mapeline with liquid, about $\frac{1}{2}$ tsp. or less. Be careful so you won't get too much. Put in bread pan and bake in a moderate oven about one hour.

NUT BREAD

- 2 cups brown sugar $\frac{3}{4}$ tsp. soda (in milk)
2 eggs beaten $3\frac{1}{2}$ cups flour
1 cup sour milk 1 cup chopped nuts
 $\frac{1}{2}$ tsp. salt 1 cup raisins or dates
1 tsp. baking powder
Mix the ingredients in order given. Pour into a well greased loaf pan and bake in a slow oven for one hour.

DATE BREAD

1 lb. chopped dates	4 cups sifted flour
2 cups boiling water	1 tsp. salt
2 tsp. soda	1 cup nuts
1½ cups sugar	1 tsp. vanilla
2 tbs. shortening	2 eggs

Sprinkle soda over dates and add the boiling water. Let stand. Cream shortening, add sugar and beat well. Add unbeaten eggs. Alternate flour and date mixture. Lastly add nuts, which have been dusted with flour, and vanilla. Bake in two loaf tins for one hour at 350 degrees.

LUNCHEON BREAD

1½ cups sifted flour	½ cup milk
1 rounded tsp. baking powder	5 tbs. melted butter (save most of butter for topping)
½ cup sugar (scant)	
1 egg	

Stir all ingredients together and pour into baking pan, in which the butter was melted. Sprinkle top with melted butter, brown sugar and cinnamon and chopped nuts. Bake in fast oven. Serves six generously.

FRUIT NUT BREAD

½ cup dried apricots	1 tsp. vanilla
1 large orange	1 beaten egg
Boiling water	2 cups sifted flour
½ cup raisins	¼ tsp. salt
1 tsp. soda	2 tsp. baking powder
1 cup sugar	½ cup chopped nuts
2 tbs. butter	

Soak apricots ½ hour. Squeeze juice from one orange in cup, fill cup with the boiling water. Put raisins, apricots and rind of orange through food chopper. Add orange juice and water. Stir in soda, sugar, melted butter and vanilla. Add beaten egg and remaining ingredients. Add nuts and bake one hour at 350 degrees. Makes one loaf.

SPICY MOLASSES BREAD

1½ cups yeast sponge made usual way, using 4 cups liquid and 6½ cups flour.

Combine:

1 egg, well beaten	¼ tsp. allspice
¼ cup molasses	¼ tsp. cloves
1 tsp. cinnamon	¼ tsp. nutmeg
1 tsp. ginger	

Add to sponge, then add 2½ cups flour, or enough to knead a smooth dough. Let rise and make into a loaf. With scissors cut about 14 deep gashes into loaf as for slices. Let rise and bake in hot oven, 400 degrees.

DATE NUT BREAD

1½ cups boiling water poured over 1½ cups dates. When cool, add:

2 tbs. shortening	1 tsp. soda
1½ cups sugar	1 tsp. cream of tartar
1 tsp. salt	1 cup walnut meats, chopped
1 egg	½ tsp. vanilla

2¾ cups flour

Bake 1¼ hours at 350 degrees. Makes two loaves.

GRAHAM NUT BREAD

½ cup molasses	1 cup white flour
1 tsp. soda	2 cups graham flour
½ cup sugar	1 cup nut meats, not cut too fine
1 tsp. salt	2 cups milk

Mix molasses well with the soda, stir in the sugar, salt, sifted well with the white flour. Add 2 cups of graham flour and nuts, alternately with the milk. Place mixture in a greased loaf pan and bake in a moderate oven at 350 degrees for about one hour.

PEANUT BUTTER BREAD

1 cup milk	¼ tsp. salt
½ cup peanut butter	3½ tsp. baking powder
2 cups flour	⅓ cup sugar

Cream milk and peanut butter thoroughly and add well sifted flour, salt and sugar, also baking powder. Mix thoroughly and bake in well greased loaf tins in 370 degree oven for about 35 minutes.

ORANGE NUT BREAD

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|--------------------------|--------------------------------|
| 1 large orange | 1 beaten egg |
| 1 cup raisins | 2 cups flour |
| 1 tsp. soda | 1 tsp. baking powder |
| 1 cup sugar | $\frac{1}{4}$ tsp. salt |
| 2 tbs. melted shortening | $\frac{1}{2}$ cup chopped nuts |
| 1 tsp. vanilla | |

Squeeze orange juice, add enough hot water to make 1 cup. Grind orange rind and raisins; mix with liquid, add soda, sugar, shortening and vanilla. Next add egg and dry ingredients and nuts. Bake in slow oven about 1 hour. Good warm, cold, or days later.

ORANGE-MARMALADE NUT BREAD

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|------------------------------------|------------------------------------|
| 3 cups sifted all-purpose flour | $\frac{1}{4}$ cup shortening |
| 4 tsp. baking powder | 1 egg, well beaten |
| $\frac{3}{4}$ tsp. salt | 1 cup milk |
| $\frac{1}{4}$ cup granulated sugar | $\frac{1}{2}$ cup orange marmalade |
| 2 tbs. grated orange rind | 1 cup chopped nut meats |

Sift together the flour, baking powder, salt and sugar; add the grated orange rind. Cut in the shortening with two knives or a pastry mixer until the mixture is like a fine cornmeal. Blend in the egg and milk, mixed together, then the orange marmalade and nutmeats. Pour into a well-greased bread pan, about 10 x 5 x $3\frac{1}{2}$ inches, and let stand twenty minutes. Bake in moderate oven.

WHOLE WHEAT WALNUT BREAD

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|--|--|
| 1 cup unsifted whole wheat flour | packed |
| | 1 tsp. baking soda |
| $1\frac{1}{4}$ cups sifted all-purpose flour | $1\frac{1}{2}$ cups sour milk or butter-milk |
| $2\frac{1}{2}$ tsp. baking powder | |
| $\frac{3}{4}$ tsp. salt | 2 tbs. salad oil |
| $\frac{1}{2}$ cup brown sugar, firmly | $\frac{3}{4}$ cup walnuts |

Add unsifted whole wheat flour to all purpose flour, which has been sifted with baking powder, salt and soda. Stir in brown sugar. Add sour milk and salad oil and stir until smooth. Add walnuts and mix. Pour into greased and floured loaf pan about 9 x 5 x 3. Bake in moderate oven at 350 degrees about one hour and twenty minutes or until done.

RAISIN BREAD

1 cup sugar
2 eggs
1 cup milk
1 cup raisins

1 cup chopped nuts, if desired
2 cups flour
4 tsp. baking powder

Mix well and pour into well greased loaf tin. Let stand one hour and bake in moderate 325 degree oven for about one hour.

PANCAKES - WAFFLES and HOT BREADS

(Originals)

ENRICHED BISCUIT MOUNDS

Sift together:

2 cups sifted flour

1 tsp. salt

4 tsp. baking powder

Cut in:

4 tbs. shortening (or butter)

Add enough milk to make a soft dough. Turn out on board and knead 6-8 times; roll out as thin as pie crust in rectangular shape. Spread with melted table fat (or butter) and roll as for jelly-roll. Cut in $1\frac{1}{2}$ inch pieces. Place cut end down in well oiled gem pans and bake in hot oven 425 degrees for 10 minutes or until nicely browned. Serve with fruit over the top.

SNOWBALL BISCUITS

2 cups sifted flour

2 tsp. sugar

2 tsp. baking powder

$\frac{1}{2}$ cup butter

$\frac{1}{2}$ tsp. salt

About $\frac{2}{3}$ cup milk

Knead 2 minutes. Pinch off pieces of dough about as large as a walnut and roll in a ball until glossy. Space biscuits in pan so they do not touch.

Cardamom seeds (about 6 crushed seeds) add flavor.

SOUR KLIM BISCUITS

2 cups sifted flour

$\frac{1}{2}$ tsp. salt

4 tsp. (rounded) baking powder

2 tbs. shortening

$\frac{1}{4}$ tsp. soda

$1\frac{1}{2}$ cups Sour Klim (milk)

Method: Sift dry ingredients Blend in shortening with finger tips. Add sour milk stirring with spoon until flour has all disappeared. Turn out on floured board and knead lightly for two minutes (dough gets almost elastic). Pat out and cut. Turn in plenty of melted fat in biscuit pan and sprinkle top with grated cheese (optional) and bake in hot oven (450 degrees) for twenty minutes. May substitute buttermilk or any sour milk for sour Klim.

SOUTHERN BISCUITS

2 cups bread flour	$\frac{1}{4}$ tsp. soda
4 tsp. baking powder	4 tbs. shortening
1 tsp. salt	$\frac{3}{4}$ cup buttermilk, or less

Sift flour and measure. Sift again with baking powder and salt. Work shortening into flour until it resembles cornmeal. Add buttermilk and soda and mix with hands until it can be kneaded same as bread dough. Make into little balls, pat flat and bake. Temperature: 475 for 10 or 15 minutes. Makes 12 to 18 biscuits.

BISCUIT DOUGH CINNAMON ROLLS

Mix desired biscuit dough as for biscuits adding more shortening and a tsp. sugar and spice. Roll thin. Spread with melted butter, brown sugar and white sugar and cinnamon. Roll and cut. Bake in hot oven until done.

CORN MEAL ROLLS

$\frac{1}{2}$ cup corn meal	$\frac{1}{2}$ cup shortening
$\frac{1}{2}$ cup sugar	1 cups milk - scalded
1 tbs. salt	

Cook in double boiler until thick, stirring frequently. Cool to lukewarm. Add 2 eggs, beaten. 1 cake Fleischmann's yeast dissolved in $\frac{1}{2}$ cup warm water. Beat thoroughly and let rise in warm place 2 hours. Add 4 to 6 cups flour. Knead well and let rise 1 hour. Knead and shape into rolls (or loaf). Let rise about 1 hour (loaf longer) and bake at 375 degrees - 15 minutes for rolls. Makes $2\frac{1}{2}$ dozen rolls.

THE BEST CORN BREAD I KNOW

1 cup flour	1 cup cornmeal
3 tsp. baking powder	1 tbs. sugar
$\frac{1}{2}$ tsp. salt	1 cup milk
1 egg	$\frac{1}{2}$ lb. bacon cut fine

Sift dry ingredients, beat egg. Add milk to mixture. Spread thin in greased pan. Sprinkle bacon over top. Bake in hot oven about 25 minutes - 375 degrees. If electric stove about 15 minutes with top off and bottom on and ten minutes with top on and bottom off.

CORN BREAD - Sweet Milk

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|-----------------------------------|------------------------------|
| 1 cup flour | $\frac{1}{2}$ tsp. salt |
| $\frac{3}{4}$ cup yellow cornmeal | 1 egg |
| 4 tbsl. sugar | $\frac{3}{4}$ cup sweet milk |
| 5 tsp. baking powder | 2 tbsl. melted shortening |

Beat well and bake in a well greased shallow pan in a moderate hot oven 375 degrees for 20 minutes. Pan about 9 x 7. Serve hot. Good warmed over if split and sprinkled with grated cheese and placed in hot oven until cheese melts.

KERNEL CORN BREAD

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|------------------------------------|----------------------------|
| $\frac{3}{4}$ cup yellow corn meal | $2\frac{1}{2}$ tbsl. sugar |
| $\frac{1}{2}$ cup sifted flour | 2 tsp. baking powder |
| 1 cup cream style corn | $\frac{3}{4}$ tsp. salt |
| $\frac{3}{4}$ cup milk | 4 tbsl. butter melted |
| 1 egg | |

Sift flour with baking powder, sugar and salt mix with corn meal. Combine liquid ingredients and blend with first mixture. Pour in greased pan and bake at 425 degrees for 25 minutes.

HUSH PUPPIES

- | | |
|--------------------------|-----------------------------------|
| 2 cups yellow corn meal | $2\frac{1}{2}$ tsp. baking powder |
| $\frac{3}{4}$ cups flour | 1 cup water |
| 1 tsp. salt | |

Sift meal, flour, salt and baking powder together. Add 1 cup water, mix well then add 1 medium onion - chopped fine. Drop into deep fish fat (1 tsp.) and cook until a golden brown. Very good with fresh fish.

FLAT BROD

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|---------------------------------|---------------|
| 6 cups flour | 1 tsp. salt |
| 2 cups bran (corn meal is good) | 1 tsp. butter |
- Mix well together; add enough cold water to make a stiff dough. Chill. Take a small part, about the size of a biscuit, sprinkle your baking board with flour and roll out very thin and even. Then bake each sheet on top of stove, turning so as to bake evenly. Use slow fire. Turn with a turner that is made of a very fine wood material shaped like a spatula, only it is 32 inches long.

GINGER BREAD

$\frac{1}{2}$ cup brown sugar

$\frac{1}{2}$ cup white sugar

$\frac{1}{3}$ cup shortening

1 egg

$\frac{1}{2}$ cup syrup (dark Karo)

$\frac{1}{2}$ tsp. salt

$\frac{3}{4}$ cup sour milk with $\frac{1}{2}$ tsp.
soda (dissolved in milk)

1 tsp. ginger

1 tsp. baking powder

Cream shortening and sugar, add beaten egg and Karo syrup. Add dry ingredients (sifted together) alternately with sour milk and soda. Bake in moderate oven for 30 minutes in square pan.

LEFSA

Boil a quantity of potatoes, depending on how much lefsa you want to make. When nice and mealy take them off the stove and drain them. (Do not add milk). Beat well until all lumps are gone. Let cool.

When cool fluff up again and add flour and a little salt. Beat in enough flour to make it the right consistency to handle. Add milk enough so that dough will hang together and dough can be rolled real thin. Use plenty of flour on rolling board. Pick up with Lefsa Stick and put on fairly hot stove. When brown spots begin to appear turn it over. Cool on a towel.

MUFFINS

Sift before measuring:

2 cups cake flour or $1\frac{3}{4}$ cups bread flour

Resift with:

$\frac{1}{4}$ cup sugar

$\frac{3}{4}$ tsp. salt

3 tsp. tartrate or phosphate baking powder or 2 tsp. combination type

Beat in a separate bowl: 2 eggs

Combine and add:

$\frac{3}{4}$ cup milk

2 tbs. melted butter

Stir the liquid quickly into the dry ingredients, taking only 15 to 20 seconds in which to do it. Make no attempt to stir or beat out the lumps. Pour the batter at once into greased tins or baking cups. Fill them about $\frac{1}{3}$ full. Bake the muffins from 15 to 20 minutes in a hot oven at 425 degrees. Remove them at once from the tins. This makes about 24 muffins (small) or a dozen large ones.

BLUEBERRY MUFFINS

2 cups flour	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ cup sugar	4 tsp. melted shortening
2 tsp. baking powder	$\frac{1}{2}$ cup blueberries well drained
1 egg	

Mix sugar with flour, beat egg slightly and add to milk. Add this to dry ingredients, stir in melted shortening. Mix berries into batter and put into greased muffin tins. Bake in moderate oven 20 minutes. Makes 12 muffins.

CRANBERRY MUFFINS

2 $\frac{1}{2}$ cups sifted flour	2 eggs, well beaten
2 $\frac{1}{2}$ tsp. double-acting baking powder	1 cup milk
$\frac{1}{2}$ tsp. salt	1 cup milk
$\frac{1}{2}$ cup sugar	4 tbs. melted butter or other shortening
1 cup cranberries, coarsely chopped	

Sift flour once, measure, add baking powder, salt and sugar, and sift again. Combine berries with $\frac{1}{3}$ cup of flour mixture. Combine eggs, milk and shortening; add to flour mixture, beating only enough to dampen all flour. Fold in berries, and bake in greased muffin pans in hot oven 425 degrees for 25 minutes, or until done. Makes 13 muffins.

DATE MUFFINS

1 cup Fisher's blend flour	4 tsp. baking powder
$\frac{1}{2}$ tsp. salt	
Sift and measure flour - resift with salt and baking powder.	
4 tbs. brown sugar	1 cup coarse Graham flour
1 cup chopped dates	
Mix into above dough	
1 egg well beaten	4 tbs. butter
1 cup milk	

Mix together and add quickly to dry ingredients - mixing until dampened. Heat muffin pans and fill $\frac{2}{3}$ full. Bake in moderate oven at 425 degrees until done.

FAVORITE MUFFINS

2 cups buttermilk

$\frac{1}{2}$ tsp. mapleine

$\frac{1}{2}$ cup salad oil

$\frac{1}{2}$ cup raisins or dates

1 beaten egg

Combine above and add $\frac{3}{4}$ cup Graham or whole wheat flour (both can be used).

Sift together:

$1\frac{1}{2}$ cups white flour

$1\frac{1}{2}$ tsp. salt

$\frac{1}{3}$ cup sugar

$1\frac{1}{2}$ tsp. soda

Stir into the first mixture and pour into muffin tins. Bake in moderate oven till done. Ground nuts may be added if desired and blueberries substituted for the raisins.

QUALITY MUFFINS

$\frac{1}{4}$ cup butter

2 cups flour

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ tsp. baking powder

1 egg well beaten

$\frac{1}{2}$ tsp. salt

1 cup milk

Cream butter and sugar. Add egg, milk and dry ingredients sifted together. Beat thoroughly. Fill greased muffin pans $\frac{2}{3}$ full and bake about 25 minutes in hot oven.

POP OVERS

1 cup milk

1 cup flour (sift)

2 eggs

2 tsp. butter melted

$\frac{1}{2}$ tsp. salt

Method: Beat eggs slightly, add milk and salt, melted butter and sifted flour. Beat 4 minutes with dover beater, or two minutes with an electric beater. Pour into sizzling hot well greased cups. Bake 425 degrees - 30 to 40 minutes.

SPOON BREAD

4 eggs

1 cup boiled rice

2 cups sweet milk

2 tsp. baking powder

2 cups water

2 heaping tbs. butter

1 cup white corn meal

Salt to taste

Beat the eggs and add milk, water, cornmeal, rice and baking powder - butter (melted) and salt. Bake in hot oven 40 minutes.

SOURDOUGH HOTCAKES

Starter: 1 cake compressed yeast. Crumble into a crock or glass jar with a wide mouth and a cover, add:

1 tsp. sugar, 1 cup water (lukewarm). Mix until smooth and add:
2 cups flour

Beat to a smooth batter. Cover loosely and set in a warm place. In 24 to 36 hours it should be sour enough to use.

Hotcakes:

Pour the starter into a mixing bowl, leaving a little of the starter in the jar. To each cup of batter add the following:

1 tbs. sugar, $\frac{1}{4}$ tsp. salt, $\frac{1}{2}$ tsp. soda, 1 egg - Beat well to mix but do not beat after the batter has started to work. It will more than double in bulk so use a large enough bowl. Have a griddle hot and drop on by spoonfuls. Brown on one side and turn over once.

Serve hot with syrup, butter, sugar or jelly.

If hotcakes are desired for the next day, add 2 cups flour for each 1 cup of water to the starter in the jar and keep in a warm place. If the starter is not to be used set the jar of starter in a cool place. It can be kept for several days, but seems to work best if used at least every other day.

It takes a little practice and some experimenting to make the cakes to suit each family, but it is worth the effort as they are nourishing and delicious if made right. It is usually more simple for the "Cheechako" to get a starter from someone who keeps one going all the time. Never keep the starter in a metal container, always use a crock or glass jar. Never leave a metal spoon in the starter.

A wooden spoon may be left in. A gallon jar is large enough for five or six people. (The starter also works and doubles in bulk.) Old fashioned crocks, beanpots, cookie jars or other wide mouth jars can be used.

The cakes can be made without eggs, but are not as light. Often they are made with more flour, fried and eaten in place of bread. Some people like them cold as well as warm.

SCOTCH SCONES

3 cups flour
3½ tsp. baking powder
¼ cup butter or substitute
1 egg - beat and put in measuring cup. Fill the cup with sour milk until full.

2½ tbs. sugar

¼ tsp. salt

Rub butter into flour which has been sifted with other dry ingredients. Add egg and sour milk mixture gradually. Roll out to about ¼" thickness. Cut in six wedge shaped pieces and place in very hot frying pan or griddle (ungreased). When lightly brown turn immediately while hot - spread with butter or jam.

GRIDDLE CAKES

1½ cups pastry flour, sifted
1½ tsp. baking powder
(tartrate or phosphate type.)
Use 1¼ tsp. comb. type.)
3 tbs. sugar

¾ tsp. salt

1 egg, beaten until light (use two if you desire lighter cakes.)

¾ cup milk (or more)

3 tbs. melted butter

Have milk at room temperature and add with butter to egg. Add dry ingredients sifted together and stir vigorously, adding more milk, if necessary to make batter just thick enough to pour. Do not over-beat. Lumps do not harm.

GRANDMA'S HOT CAKES

2 cups of flour
Beat together and let stand over night. Then add:
1 tsp. soda
1 or 2 eggs, well beaten
1 tsp. sugar

2 cups of buttermilk

1 tsp. melted shortening

½ tsp. salt

Add more buttermilk if too thick.

Drop by spoonfuls on hot griddle, spreading thin. Bake, turning to brown on both sides

SCOTCH PANCAKES

1 egg
½ cup powdered sugar
¼ cup melted butter
2 tsp. baking powder

¼ tsp. soda

1 cup flour

⅔ cup milk

⅛ tsp. salt

Beat thoroughly and bake. These are feathery light and tender.

POTATO PANCAKES

- | | |
|----------------------------|----------------|
| 2 cups grated potato (raw) | 1 tbs. flour |
| 2 eggs | Dash of pepper |
| 1/2 tsp. salt | |

Mix and fry as other pancakes, except that the griddle must be greased. This amount makes about twelve pancakes. The German people from whom the recipe comes, served these with a cream gravy that is made by pouring 1/2 cup cream into the hot grease from the pork, bacon or ham that they fried to serve with these. (Top milk or condensed milk can be substituted for cream.) Let the cream boil up in the hot grease only long enough to thicken it slightly. Your favorite syrup served with the cream gravy or the creamed gravy alone.

SOUR MILK GRIDDLE CAKES

- | | |
|----------------------|--------------------------|
| 1 cup sifted flour | 1 egg |
| 1 tsp. baking powder | 1 cup sour milk |
| 1/4 tsp. salt | 1/2 tsp. soda |
| 1 tbs. sugar | 3 tbs. melted shortening |

Sift the flour, baking powder, salt and sugar into a mixing bowl. In another bowl beat the egg well. Add the soda to the sour milk, mix thoroughly and add it to the beaten egg with the melted shortening. Add the sour milk mixture to the flour mixture. Bake on hot griddle.

SWEDISH OVEN PANCAKE

- | | |
|-----------------------|----------------|
| 4 eggs | 1 qt. milk |
| 2 cups unsifted flour | 1/4 lb. butter |
| 1 tsp. salt | |

Beat eggs slightly with salt. Add milk, then flour and mix well. Preheat oven to 425 degrees, melt butter in baking pan 9 x 13. Have butter and pan piping hot but do not brown butter. Pour in mixture and bake in 425 degree oven from 30 to 45 minutes. The pancake should have puffed to top of pan and be nicely browned when properly done.

Serve immediately. This can be served with syrup, crushed fresh strawberries or any fresh fruit. Bacon or sausages go well with it. Cooked low-bush cranberries served over it, make it a dish just as it is served in Sweden.

BUTTERMILK WAFFLES

4 tsp. melted butter

Beat together all but egg whites.

1 tsp. baking powder

$\frac{1}{2}$ tsp. soda

Combine two above mixtures. Beat whites until stiff and fold into batter.

EVERYDAY WAFFLES

1½ cup melted shortening or
salad oil

2 stiff beaten egg whites

3 tsp. baking powder

3 beaten egg yolks

1 1/4 cups of milk

Sift dry ingredients into bowl. Combine egg yolks and milk. Stir into dry ingredients. Add shortening. Last fold in beaten egg whites. When steam no longer appears waffles are done. Do not raise cover during baking. Makes eight waffles.

SOUR' CREAM WAFFLES

1 tsp. sugar

$\frac{1}{2}$ tsp. soda

2 eggs

Beat egg yolks well and add milk and cream. Mix and sift dry ingredients and add to first mixture. Fold in egg whites which have been beaten until stiff.

SOURDOUGH WAFFLES

Sourdough hotcake batter makes very light waffles. Make up the batter the same as for hotcakes the day before, but have a somewhat thicker batter. Add one egg for two people (just add the whole egg or eggs). Sprinkle about 1 tsp. salt, 2 tbs. sugar, also sprinkle 1 tsp. soda on batter and beat thoroughly. Melted butter is added just before making waffles.

SOUR MILK WAFFLES

Mix 2 egg yolks with 1 cup thick sour milk and 3 tbs. melted shortening.

Add $1\frac{1}{4}$ cups flour - $\frac{1}{2}$ tsp. soda (1 tsp. baking powder) sifted together.

Add 2 egg whites beaten stiff - $\frac{1}{4}$ tsp. salt and a few drops vanilla flavoring. (If crisper waffles are liked, add 1 tbs. more shortening.)

Be sure to bake until crisp, in any case, else waffles are likely to become leathery very quickly.

For sour cream waffles—

1 pt. sour cream, 1 pt. flour, 3 eggs, $\frac{1}{2}$ tsp. soda. Mix as above.

CLOTHESPIN CRULLERS

Beat: 4 eggs until light and add $\frac{2}{3}$ cup sugar, $\frac{1}{2}$ cup melted shortening, $\frac{1}{3}$ cup milk. Sift $3\frac{1}{2}$ cups bread flour with $\frac{1}{2}$ tsp. soda, $\frac{1}{2}$ tsp. cream tarter and $\frac{1}{4}$ tsp. nutmeg and add to the first mixture.

Roll dough $\frac{1}{4}$ inch thick and cut in strips 9 inches long and $\frac{1}{2}$ inch wide. Wrap strips around nine inch clothespin starting just above the durisim in the clothespins. Slip the end of dough between the two tips of the pin. Lay in fat 375 degrees. Drain on brown paper. Take out clothespins and sprinkle with powdered sugar. Immerse clothespins first in hot fat so dough will not stick.

DOUGHBOYS

Cut small bits of raised bread dough and fry in deep fat as you would doughnuts. Serve hot with butter and syrup. A good breakfast dish.

DOUGHNUTS

2 eggs	4 tsp. baking powder
1 cup sugar	$\frac{1}{4}$ tsp. nutmeg
4 tbs. melted shortening	$\frac{1}{4}$ tsp. cinnamon
$3\frac{1}{2}$ cups flour	1 cup milk and a little lemon
1 tsp. salt	and vanilla extract

Beat eggs a little, add sugar gradually and beat until very light. Then add melted shortening and mix well. Then mix and sift a couple of times the dry ingredients and add alternately with the milk and let stand 4 or 5 minutes before rolling out using as little flour as possible. Lay in the hot fat top side down.

DOUGHNUTS WITH SWEET MILK

- | | |
|----------------------------|----------------------------------|
| 1 cup sugar | $\frac{1}{4}$ tsp. cinnamon |
| $2\frac{1}{2}$ tbs. butter | $\frac{1}{4}$ tsp. grated nutmeg |
| 3 eggs, beaten until light | $1\frac{1}{2}$ tsp. salt |
| 1 cup milk | $3\frac{1}{2}$ to 4 cups flour |
| 4 tsp. baking powder | |

Cream butter and half the sugar. Add remaining sugar to eggs and combine mixtures. Add milk and $3\frac{1}{2}$ cups flour, mixed and sifted with baking powder, salt and spices then enough flour to make dough stiff enough to roll. Fry.

RAISED DOUGHNUTS

- | | |
|--------------------------|-------------------------------|
| 2 packages Maca Yeast | $\frac{2}{3}$ cup sugar |
| 1 cup lukewarm water | 4 eggs well beaten |
| 2 cups milk | $\frac{1}{4}$ tsp. nutmeg |
| $\frac{1}{2}$ cup butter | 7 cups sifted flour (or more) |
| 1 tsp. salt | |

Method - Pour yeast in a cup of lukewarm water. Add 1 tsp. sugar and let stand 5 minutes. Scald milk and let cool.

Cream together the butter, salt and remaining sugar. Add softened yeast to milk when lukewarm and blend this liquid with 3 cups flour beating until smooth. Add creamed mixture—beating well—and enough flour to make a soft dough. Let raise in a warm place until double in size. Then fold down and let raise again. Roll dough out on floured board and cut doughnuts out. Then let raise for 30 minutes and fry in deep fat.

SOUR MILK DOUGHNUTS

- | | |
|-------------------------------------|-------------------------------|
| 4 egg yolks | 4 cups all-purpose flour |
| 1 cup sugar | 1 tsp. baking powder |
| $\frac{1}{4}$ cup melted shortening | 1 tsp. soda dissolved in milk |
| 1 cup sour milk or buttermilk | $\frac{3}{4}$ tsp. salt |

Beat eggs until light, add sugar and beat. Stir in melted shortening. Add alternately the milk and flour (sifted with other dry ingredients) mixing to smooth, soft dough. Chill thoroughly - turn out on floured surface and pat or roll $\frac{1}{2}$ " squares. Fry in hot fat (375 degrees) until golden brown, turning once. Drain on absorbent paper and serve plain or dredged in sugar. (A little ground clove added to the sugar gives an enticing flavor). Makes 30 doughnuts.

DOUGHNUTS

1 heaping cup sugar 1 cup sour milk
3 beaten eggs, mix with sugar (can be made with 1 tbs. vin-
3 tbs. melted fat egar)

A dash of cinnamon or nutmeg 1 tsp. soda in sour milk

Add flour until right consistency to roll, being careful not to put in more than is necessary for rolling. Cut with doughnut cutter and fry in hot deep lard or snowdrift.

DUMPLINGS

1 cup flour 1 tsp. shortening (scant)
1 tsp. baking powder

Blend shortening thoroughly with flour and baking powder and add enough milk to make a stiff batter. Drop from a spoon into hot liquid and cook, covered, for 12 minutes.

DUMPLINGS

1½ cups flour 1 egg, well beaten
1 heaping tsp. baking powder Milk
¼ tsp. salt

Sift dry ingredients and add egg. Add milk enough to make a soft dough. Drop from spoon. Boil for 10 minutes without removing cover. Use a pan with a tightly fitting cover.

POTATO DUMPLINGS

Boil 1 dozen medium sized potatoes with the jackets on. Peel, cool and mash. Cut one large onion and brown in butter. Brown ½ to 1 cup bread crumbs in butter. To the mashed potatoes add onion, bread crumbs, 1 egg, salt and pepper to taste and some dry or fresh parsley.

Mix enough flour with this to roll into balls and drop into hot boiling salted water. Boil about 20 minutes and remove from water carefully and let drain. Have more buttered bread crumbs in frying pan and roll each dumpling in this before serving. Serves 4 to 6.

Enough flour must be added so the dumplings will hold together during boiling.

DUMPLINGS (For soup or stew)

2 heaping tsp. baking powder Enough flour to make a stiff
1 cup (a little at a time) milk batter
1 tsp. salt

Mix in the order given. Drop into boiling liquid by spoonful. Cover and cook 12 minutes without removing the cover. Serve at once.

GERMAN DUMPLINGS

1 rounded tbs. of butter (melted in frying pan).

Add: 1 pint milk and let boil—very low heat—stir in slowly with a fork.

1 cup flour, let boil up and then let stand until lukewarm. Beat in: 2 well beaten eggs, 1 tsp. salt, couple shakes of nutmeg and pepper. Drop in boiling soup by spoonfuls.

YORKSHIRE PUDDING

2 eggs 1 cup sifted flour
1 cup milk $\frac{1}{4}$ tsp. salt

Beat eggs. Add milk, flour and salt. Whip with egg beater till well mixed. Have ready hot muffin pans containing about $\frac{1}{4}$ inch hot beef drippings. Pour in the batter. It should be about $\frac{5}{8}$ inch high. Bake in hot oven 400 degrees for about 20 minutes. Reduce heat to 350 degrees and bake 10 or 15 minutes longer. This pudding may be baked in hot dripping pan.



KODAKROME BY MRS. WALTER SMITH

Portage Glacier

APPETIZERS and BEVERAGES

(Originals)

CHEESE DEVILS

$\frac{3}{4}$ cup grated American cheese	2 tsp. Worcestershire sauce
1 tbs. minced onion	1 tbs. chili sauce
1 tbs. minced pimento	$\frac{1}{8}$ tsp. salt
(optional)	Dash cayenne pepper

Mix well and spread on crisp crackers or Ritz and put in hot oven or under broiler until cheese is melted. These are good served with salad.

DEVILS ON HORSEBACK

Wrap bite-size pimento-stuffed olives in $\frac{1}{2}$ slice of thinly sliced bacon. Fasten with a toothpick. Run under broiler until the bacon is crisp. Serve hot.

Large shrimp may be substituted for olive.

DUCHESSES

Very small cream puff shells one inch in diameter, may be split and filled with creamed chicken or crab.

CLAM CANAPE

Drain one can of minced clams. Mix with enough mayonnaise and stiffly beaten egg white to hold together. Sprinkle with salt, pepper and a little Worcestershire sauce.

Spread on rounds of toast, sprinkle with grated cheese. Put in moderate oven long enough to melt cheese, but do not brown. Serve hot.

HUACAMOLE - (WAC-A-MOLEY)

1 large or 2 small very ripe avocados.

Peel the fruit, remove pit and mash pulp with a fork, season with:

1 tbs. scraped onion	1 tsp. lemon juice
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ tsp. chili powder

Mix well. Put in bowl from which you intend to serve it. Now comes the trick: Spread 2 tbs. mayonnaise over the top of Avocado puree. This seals out the air and keeps the mixture from darkening. Just before serving, stir in the mayonnaise.

Serve on corn chips, crisp crackers or small butter fried toast squares.

LIVERWURST CANAPES

- | | |
|----------------------|-----------------------|
| 1/4 lb. liverwurst | 1/8 tsp. paprika |
| 1 tsp. lemon juice | Mayonnaise to moisten |
| 1 tsp. scraped onion | 6 stuffed olives |
| 1/4 tsp. salt | |

Mash liverwurst to a paste, add the rest and enough mayonnaise to spread well on small crisp crackers. Top with sliced olives.

PASHTET (English Spelling)

NAWTET (Russian Spelling)

- | | |
|----------------------------------|---------------------------|
| 1 lb. calves liver | 1/2 lb. butter |
| 1/2 lb. chicken or any game bird | Onion juice, salt, pepper |
- Boil separately chicken and liver until tender. Save the chicken bouillon. Put chicken and liver through grinder several times, using fine blade, until perfectly smooth. While still warm, cream in butter. Add warm bouillon until the mixture is a paste consistency and can be easily spread. Season to taste. Pack in buttered mold and let set in cold place for five or six hours. Serve with crackers.

ROCA CREAM

- | | |
|----------------------------------|-------------------------------|
| 1 jar Rocqa or blue cheese | Cayenne |
| spread | 1 tbs. onion juice |
| 1/4 lb. Roqueford or blue cheese | 1/2 tsp. Worcestershire sauce |
| 1/2 cup mayonnaise | |

Beat with electric mixer until of consistency of whipped cream. Cream or evaporated milk may be added to make mixture more fluffy.

May be used to stuff celery, piled on crisp crackers or dipped out with large crisp potato chips.

SARDINE and CHEESE CANAPE

Place whole small sardine on finger of toast spread with mayonnaise. Cover with thin slice of cheese. Run under the broiler until cheese melts.

FRUIT COCKTAIL

Grapefruit sections, Mandarin orange sections, well chilled. Dissolve after-dinner mints in grapefruit juice - about 2 very small mints per serving. Chill and pour over fruit. Garnish with fresh mint dipped in powdered sugar.

BROILED GRAPEFRUIT

½ grapefruit per serving. Sprinkle with brown sugar and a suggestion of cinnamon, or:

1 tbls. sweet wine - Muscatel or Whiteport or Honey.

Broil until piping hot and beginning to brown. A small portion of butter adds to the flavor.

HOT SPICED CRANBERRY PUNCH

Cook 8 cups of cranberries in 8 cups of water until all the skins pop open. Strain through a cheesecloth. Do not stir or press. To the juice add 1½ cups of sugar, 2 or 3 sticks of cinnamon and 15 to 20 cloves. Cook for 5 minutes. Add 1 lemon sliced and 4 cups of freshly brewed tea. Pour into the bowl. Sprinkle with nutmeg. Serve hot.

ALASKAN ORANGEADE

Juice of two oranges and one lemon in one gallon of water. Add 1 teaspoon of citric acid and sugar to taste. The Scouts think this is just right.

DELICIOUS SUMMER DRINK

Mix: 1 can orange juice, 1 can pineapple juice and 1 can Loganberry juice.

Pour these over ice or let stand in refrigerator until very cold. A pint of Ginger Ale added to the above makes it extra special.

TOMATO JUICE COCKTAIL

1 qt. tomato juice

1 tsp. chili sauce

2 tbls. lemon juice

1 tsp. bottled horseradish

1 tbls. Worcestershire sauce

1 tbls. minced celery

Combine and let stand 1 hour or more. Add 1 tsp. salt. Strain and chill. Serves 10.

HOT BUTTERED RUM

¼ lb. butter

½ lb. brown sugar

Cream together, add ½ tsp. cinnamon, ¼ tsp. allspice, and ¼ tsp. cloves.

For each serving:

1 rounded tsp. above 1½ jiggers rum. Fill with boiling water, add small piece of stick cinnamon and one whole clove.

DAIQUIRI

1 jigger Bacardi

$\frac{1}{2}$ tsp. sugar

$\frac{1}{2}$ green lime

Shake with ice and pour into glasses half filled with cracked ice.

TOM and JERRY

6 eggs beaten until very thick and creamy. Add powdered sugar until extremely thick. Pour equal parts of brandy and rum into a pitcher and mix. For each serving, place in cup:

$\frac{1}{2}$ jigger of liquor and large tbs. batter. Fill cup with boiling water and sprinkle lightly with nutmeg. Serves about 20.



KODAKROME BY WALTER SMITH

Fishing Fleet at Juneau

FISH and SEA FOODS (Originals)

ELKS' CLUB CLAMS

Chopped coarsely:

- | | |
|----------------|--------------|
| 1 large onion | 1 cup celery |
| 1 green pepper | 2 cans clams |

Saute vegetables in generous amount of butter, salt and pepper to taste, add clams (drained and diced in inch squares). Allow clams to cook four minutes. Serves six.

CLAM SOUFFLE

- | | |
|---|----------------------------|
| 12 squares salted crackers,
crumbled | 1 flat can of minced clams |
| 1 cupful milk | Pepper and salt to taste |
| $\frac{1}{4}$ cup melted butter | 2 eggs, well beaten |

Pour the milk over the crumbled crackers and let stand about 20 minutes. Add the melted butter (use a little more if you desire it richer), the clams (not drained), seasonings, and eggs. Minced green pepper and onion may be added for more flavor, if desired. Pour into an oiled baking dish and bake in a slow oven (325 degrees) for 30 to 40 minutes, until firm when tested with a knife and delicately browned on top.

FRESH CODFISH CAKES

- | | |
|-----------------|----------------------------|
| 1 small codfish | 2 tbs. flour or cornstarch |
| 1 egg | 1 cup milk |

Split the codfish and remove the bone and skin. Grind through the meat grinder. Add salt to taste and the egg and flour. Next work with a wooden potato masher adding a little milk at a time. (The more you work them the better.)

Make into balls by dipping a spoon into cold water and shape the mixture. Fry or boil. Cook the skin and bone and use the broth to make gravy or boil fish balls in it.

Fresh salmon or halibut may be substituted if you do not have the codfish.

DEVEILED CRAB

- | | |
|------------------------------------|-----------------------|
| 1½ cups soft bread crumbs | ½ tsp. dry mustard |
| 1½ cups milk | ⅛ tsp. cayenne pepper |
| 2 cups crab meat or one 13 oz. can | 1½ tsp. salt |
| 5 hard cooked eggs | ½ cup melted butter |
| | Wheaties |

Method: Moisten bread crumbs with milk. Remove bones from crab meat. Mix crab, bread crumbs and milk with finely sliced whites of eggs. Blend in mashed egg yolks, mustard, cayenne, salt and melted butter. Pour all into shallow baking dish and sprinkle with wheaties over the top. Dot with butter. Bake 15 minutes at 450 degrees. If baked in dish 10 x 6 will serve six.

FRENCH FRIED CRAB LEGS

- 2 lbs. crab legs that have been shaken from the shell. 1 egg and ¾ cup flour.

Roll crab legs in egg then in flour. Fry to a golden brown in deep fat.

RICE AND CRABMEAT

- | | |
|-----------------------|------------------------------|
| ½ small onion, minced | 1 cup flaked cooked crabmeat |
| 2 tbs. butter | ½ cup chili sauce |
| ½ cup light cream | Toast points |
| 1 cup cooked rice | |

Saute onion in butter 2 minutes. Add cream, rice and crabmeat and heat slowly in saucepan until almost boiling. Add chili sauce. Serve on toast. Yield - 6 small portions.

CRAB MEAT SOUFFLE

- | | |
|-------------------------|--------------------|
| 1 cup flaked crab meat | 3 tbs. butter |
| 2 tsp. lemon juice | 3 tbs. flour |
| ½ cup soft bread crumbs | ¼ tsp. dry mustard |
| 3 eggs (separated) | ½ tsp. salt |
| | 1½ cup milk |

Make white sauce with butter, flour, seasonings and milk. Add crab, lemon juice and crumbs - then egg yolks beaten. Fold in stiffly beaten egg whites. Turn into greased casserole. Bake 35 minutes at 350 degrees.

CRAB SURPRISE

- | | |
|--|--------------------------|
| 4 slices of bread, crusts removed | 4 eggs |
| 1 large can of crab, or the meat of 1 fresh crab | 3 cups of milk |
| | Salt and pepper to taste |
| 1½ lb. American grated cheese | Dash of cayenne |

Butter a large casserole and arrange the slices of bread in the bottom. Over the bread spread the crab meat, then about half the grated cheese and sprinkle generously with salt and pepper. Beat the eggs and milk together as for custard, season to taste, pour over the bread, crab and cheese and sprinkle the rest of the cheese over the top. Bake in a slow oven (325 degrees) for 40 to 50 minutes. Test the center with a knife to see that it is firm before serving. Serves four persons.

FISH BARBEQUE

- | | |
|---|--------------------------------|
| 3 to 4 lbs. trout, white fish, bass or similar fish | 2 tbsl. vinegar |
| 2 tbsl. chopped onion | ¼ cup lemon juice |
| 1 tbsl. fat | 3 tbsl. Worcestershire sauce |
| 1 cup catsup (1 can tomato sauce) | 2 tbsl. brown sugar |
| | ½ tsp. salt and dash of pepper |

Place fish in greased shallow pan - sprinkle with salt. Lightly brown in fat - take remaining ingredients. Simmer 5 minutes - pour over fish. Bake in hot oven (425 degrees) 35 to 40 minutes. Serves 4 - 6.

FISH BURGERS

- | | |
|-------------------|----------------------------|
| 1 can salmon | Dash of pepper |
| ½ cup canned milk | ¼ tsp. garlic salt |
| ¼ tsp. nutmeg | 1 cup corn flakes crumbled |
| ¼ tsp. salt | |

Drain fish - Remove skin and hard bones. Flake into a bowl and add other ingredients - work with hands to make it a consistency that can be molded into burgers. Brown in hot skillet - a little more or less milk may be used depending on kind of fish. I sometimes brown ½ medium onion and green pepper diced in bacon fat and add before molding into cakes.

BAKED FISH FILLETS OR STEAKS

Use fillets or steaks $\frac{1}{2}$ to $\frac{3}{8}$ inch thick. Cut in pieces for serving or leave whole. Dip in solution of 1 cup milk and 1 tablespoon salt, roll in fine crumbs and place in greased shallow baking pan. Put melted butter over fish and bake in a very hot oven (500 to 550 degrees) uncovered - 10 to 12 minutes, depending on thickness of fish. The crumbs are crisp and brown, the fillets have the characteristic flavor of fish fried in deep fat and the cooking odor of fish is practically eliminated.

BAKED HALIBUT CASSEROLE

3 cups left-over fried halibut, broken into small pieces.

1 can Campbells cream of mushroom soup

$\frac{1}{2}$ cup milk

Cheese

Heat the soup and milk in a sauce pan. Arrange a layer of halibut in a casserole - add half the soup mixture, alternate halibut and soup. Cover top with a thinly grated layer of cheese. Bake at 300 degrees for 45 minutes.

FILLET OF HALIBUT

2 lbs. of halibut, sole, or any

meaty white fish

1 boullion cube

1 cup boiling water

2 tbs. tomato paste

1 onion (grated)

1 tbs. sugar

2 tbs. butter

Make sauce of water, paste, cube, sugar and tbs. of wine if possible. Cook 5 minutes. Melt butter and put in baking dish with fish which has been thoroughly washed. Pour sauce over this and sprinkle with $\frac{1}{3}$ cup bread crumbs - dot with butter and parsley, cook 20 to 25 minutes in oven at 350 degrees.

SPICED PICKLED HERRING

Choose the smallest herring for this purpose. Scale and clean, cutting off the heads and tails. Place them one layer deep in steamer and sprinkle with salt. Put on tight lid and steam over pot of boiling water - five to eight minutes - according to size, or until steamed through but not sufficiently to make them fall to

pieces when handled. Take out with skimmer or pan-cake turner and place in a crock or dish and steam the next lot until the desired amount are all steamed. Have a spiced pickling vinegar ready to pour it over the cold fish. Slice onions and a lemon on top - also a bay leaf or two. If desired, 2 or 3 tablespoons of oil may be added to the vinegar before it is poured on the fish - this makes the fish richer. Dust over all with paprika and put away in cool place for 24 hours before eating. This will keep in cool place for 1 to 2 weeks.

Spiced Vinegar

Put 1 quart of medium strength vinegar, $\frac{1}{2}$ cup whole mixed spices, salt and sugar to taste into a kettle and boil gently 20 minutes, then strain out the spice. When cold - add $\frac{1}{2}$ cup oil and pour over the cooked fish.

When all fish are used, this vinegar should be strained off through a very fine strainer to remove all particles of fish and set aside in a jar for future use. When ready to use, if it seems weak, reduce it by boiling and add a little more vinegar and spice if it is necessary.

LUTE FISK

Soak 2 medium sized codfish for about 24 hours. Change the water and soak again for about 24 hours or longer. Dissolve 1 tablespoon lye in one gallon water - let fish stand in this solution 24 hours (about), then drain and soak again in fresh water about 24 hours. (If you like the fish quite soft you may use a slightly rounding tablespoon of lye).

When ready to cook, add fish to well salted boiling water - pull to the back of the stove and let simmer for about 10 minutes. Serve hot with melted butter and chopped parsley.

BAKED SALMON

Carefully clean fish, wipe dry, rub inside and out with salt and pepper. Place fish in cooler while preparing sauce. Dice three medium sized onions, saute slowly in butter or bacon grease. Open No. 2 $\frac{1}{2}$ can tomatoes and a can of tomato soup, pour on onions and simmer - add a bruised button of garlic. Grease large baking pan with bacon drippings, place fish in it and fasten strips of bacon to top of fish with toothpicks - place slices of lemon between

bacon strips. Pour the hot sauce over the fish and pop into hot oven (400 degrees) allow about 20 minutes to a lb. Fish is done when flesh can be easily picked from the bone.

CANNED SALMON BALLS

15 pounds salmon	3 onions
3 tbsls. salt	5 eggs
1 tsp. pepper	

Remove skin and bones from salmon, grind. Add onion, salt, pepper and eggs, and enough water to make into balls. Shape balls size of walnut. To prepare stock: Cook bones and head of fish, strain, bring to a boil. Cook fishballs 10 minutes, pack in jars or cans, cover with stock, seal and process 45 minutes.

SALMON CREOLE

1 lb. can salmon, undrained	3 tbsls. butter
1 egg	1 tbsls. parsley
1 onion	$\frac{1}{2}$ tsp. salt
1 green pepper	$\frac{1}{8}$ tsp. pepper
2 cups cooked tomatoes	1 tsp. Chili powder
$1\frac{1}{2}$ cups bread crumbs	

Mix salmon and egg. Add finely diced onion and green pepper, tomatoes, butter, $\frac{1}{2}$ cup crumbs, finely cut parsley, salt, pepper and Chili powder. Simmer in saucepan ten minutes. Turn into a buttered casserole, or individual dishes, cover with remaining buttered crumbs and bake in a moderate oven - 375 degrees, until crumbs are quite brown.

STEAMED SALMON LOAF

2 cups cooked or canned salmon	3 tbsls. chopped celery
4 tbsls melted butter	Grated onion if desired
$1\frac{1}{2}$ tsp. salt	4 eggs well beaten
Dash of pepper	$\frac{1}{4}$ cup cracker crumbs
1 tbsls. minced parsley	

Combine and put into greased can, cover and steam until done. About 2 hours.

Sauce

- | | |
|------------------------------|----------------|
| 2 cups cooked peas | 1 tbsl. butter |
| 1 cup milk | ½ tsp. salt |
| ½ cup salmon liquor from can | Dash of pepper |
| 1 tbsl. cornstarch | 1 tbsl. catsup |

Cook in double boiler till done. Turn the steamed salmon on to a platter and pour the sauce over and around it. Serve hot.

SALMON LOAF

- 3 cups finely crushed corn flakes (or other ready-to-use prepared flake cereal)
- 2 cups cooked salmon, flaked and chopped (boned, of course!)
- | | |
|--|---------------------|
| 1½ cups milk | 1 tbsl. lemon juice |
| ⅓ cup sour cream | ¼ tsp. thyme |
| 1 tbsl. chopped parsley | 1 tsp. salt |
| 1 tbsl. chopped chives or minced onion | Dash of pepper |
| | 2 eggs, well beaten |

Combine cereal and milk; let stand for 10 minutes. Add remaining ingredients, except eggs, and beat thoroughly. Fold in beaten eggs. Turn into well-greased 1-quart loaf pan and bake in moderate oven (375 degrees) for 1 hour. Serve with white sauce flavored with small amount of mustard. This loaf serves from six to eight nicely.

SALMON LOAF (Cold)

- | | |
|---|------------------------|
| 1 envelope Knox gelatin (1 tbsl.) | 1 tsp. salt |
| ¼ cup cold water | 1 tsp. mustard |
| 2 cups canned salmon, tuna fish or crabmeat | 1½ tbsl. melted butter |
| | 2½ tbsl. lemon juice |
| Yolks of 2 eggs | ¾ cup milk |

Mix egg yolks, beaten, with salt, mustard - add butter, milk and lemon juice. Cook over boiling water, stirring constantly until mixture thickens. Soften gelatin in ¼ cup cold water. Add softened gelatine to hot mixture and stir until dissolved. Add flaked salmon, tuna or crabmeat. Turn into mold that has been rinsed in cold water. Chill. When firm, unmold on platter and garnish with parsley, lemon or green pepper slices, or tomatoes. Serves six.

RICE AND SALMON LOAF

2 cups hot boiled rice	$\frac{1}{2}$ tsp. salt
1 cup salmon ($\frac{1}{2}$ lb. can)	Juice of $\frac{1}{2}$ lemon
2 egg yolks	2 tbs. melted butter
$\frac{1}{4}$ tsp. pepper	2 egg whites beaten

Beat egg yolks and mix with rice, seasonings and add juice from salmon. Fold in stiffly beaten egg whites. Put in greased baking dish and set in shallow pan of water. Bake about 45 minutes in moderate oven (350 degrees). Serve with tomato sauce and garnish with parsley and sliced lemon. Yield: 8 slices $\frac{3}{4}$ inch by $1\frac{3}{4}$ inch by $1\frac{3}{4}$ inch.

Tomato Sauce

2 tbs. butter	$\frac{1}{2}$ to 1 tsp. onion juice
2 tbs. flour	1 cup milk
$\frac{1}{2}$ tsp. salt	$\frac{3}{4}$ cup catsup
Dash of pepper	

Melt butter in saucepan. Add flour and stir until well blended. Add salt, pepper, onion juice and milk. Stir until thickened then add catsup slowly stirring constantly.

SALMON A LA NEWBERG ON TOAST

1 - 1 lb. can salmon (2 cups flaked salmon)	$\frac{1}{2}$ cup light or heavy cream
$\frac{1}{4}$ lb. fresh mushrooms	$\frac{1}{2}$ tsp. Worcestershire
3 tbs. fat or salad oil	1 tsp. salt
2 tbs. butter	Dash of cayenne
$1\frac{1}{2}$ tbs. flour	1 tsp. lemon juice
1 cup milk	3 tbs. Sherry (optional)
	Hot buttered toast

Remove skin and flake salmon, slice mushrooms and saute until brown in 1 tbs. of fat. Melt remaining fat and butter in top of double boiler, add flour and blend - add milk and cream gradually and cook until smooth and thickened. Beat egg yolks slightly, then pour white sauce over them stirring constantly. Add seasonings, lemon juice and sherry, if desired, and blend. Add mushrooms and salmon and heat until salmon is hot, stirring carefully. Serve on hot buttered toast. Serves 5 or 6.

SCALLOPED SALMON

Canned salmon or cold boiled salmon may be used in this recipe. Remove skin and bone and flake two cups of salmon. Make 2 cups of white sauce and add a grating of onion to it. Butter a small baking dish, add a layer of salmon, cover with white sauce and continue layers of salmon and white sauce until all is used, having sauce come on top. Sprinkle with bread or cracker crumbs. Slice 3 or 4 thin slices of lemon and lay on top. Dot with small pieces of butter. Bake in moderate oven until nicely browned - (35 minutes).

SALMON SOUFFLE

2 tbs. butter	$\frac{1}{8}$ tsp. salt
2 tbs. flour	4 egg yolks
1 cup milk	

Combine and cook the above as for cream sauce in the top of double boiler. Mix in 1 pint of cooked salmon, then fold in 4 egg whites beaten stiff. Put into buttered baking dish and bake slowly (325 degrees) for twenty minutes. Serve immediately. Will serve 4 to 6.

"BEST EVER" TROUT

In a heavy frying pan put enough cooking fat to cover the fish. The amount will depend on size of the fish - usually a depth of 2 inches will suffice. Heat the fat until a cube of bread dropped in it will brown while you count 60. (360 degrees). Roll the fish thoroughly in prepared pancake flour and drop in the hot fat. When the fish are delicately browned on one side, turn them - when brown on the other side they are ready to serve. The prepared pancake flour will be seasoning enough - and the fact that the fish cooks inside and outside at the same time cuts cooking time in half and insures the retention of texture and flavor.

Keep a can of fat for this purpose in the refrigerator all during trout season. After frying the trout, strain fat back into can for next time.

GAME

TIPS FOR GAME

An old Sourdough told me that no true sportsman will skin a duck; the bird must be lovingly and carefully plucked.

A modern sportsman declared that any gamey taste found in duck comes from the fat directly under the skin. Therefore, he said skin all ducks, reserving only the breasts for the oven.

Mrs. Merle Young of Anchorage suggests: "Parboil the duck in soda and salt water for ten minutes, wash off and proceed with stuffing and roasting process."

Stuff any wild fowl with the following dressing: Grind carrots, celery, green pepper and an over-size onion. To this vegetable mixture add sufficient bread crumbs to hold together well. Season with favorite dressing condiments being especially liberal with the sage.

Before popping a goose or a duck into the oven sprinkle liberally with garlic or onion salt.

CARIBOU CHUNKS IN GRAVY

2 or 3 lbs. of Caribou meat (steaks or roast)	$\frac{1}{4}$ tsp. thyme or savory salt
1 onion, chopped	1 tbls. vinegar
2 tsp. salt	2 tbls. ketchup
$\frac{1}{4}$ tsp. pepper	$\frac{1}{2}$ cup water

Flour the meat. Cut meat in chunks the size of $\frac{1}{4}$ lb. butter and when dredged with flour brown in a little fat on roaster griddle. Remove to roaster dish and add remaining ingredients and any brown drippings from griddle. Bake in roaster for $2\frac{1}{4}$ hours at 350 oven, adding more water if gravy seems too thick.

ROAST WILD DUCK

Dress, clean and truss wild duck, fill breast with celery or quartered apple. Place bird in hot oven and cook for 20 minutes. Cover breast with fat salt pork basting every five minutes with fat in pan.

Serve with hominy fried brown and folded like an omelet, currant jelly and celery.



KODAKROME BY ROBINSON STUDIOS

Wild Mountain Goat

CORNEB BEAR MEAT

100 lbs. bear meat

2 ounces baking soda

8 lbs. salt

2 ounces saltpeter

4 lbs. sugar

Salt the meat down in layers in a keg, alternating the salt. Let it stand overnight. At the same time the meat is put down make a solution of the sugar, soda and saltpeter in 1 gallon of warm water, and let it stand overnight. Next day pour the solution over the meat. After a few days, drain off the solution, bring it to a boil, straining off the blood. Replace the fluid on the meat, keeping it covered by inverting a large plate on top of the meat. This is ready to use as corned meat within four to six weeks but may be used satisfactorily at intermediate stages.

If too salty, it must be soaked or parboiled. Save the salty water for soup, stews, cooking potatoes or other vegetables, gravy, etc.

ROAST MALLARD DUCK

Dry-pick, draw and clean the mallard. Stuff with wild rice stuffing or any favorite dressing. Place on rack in un-covered roaster or pan. Lay slice of bacon over breast. Place bird in very hot oven (500 degrees). Roast for 20 minutes, if liked rare, otherwise reduce heat to 250 degrees and cook $\frac{1}{2}$ hour longer. Make gravy from drippings in pan. (A sauce of Alaska low bush cranberries is perfect with ducks.)

ROAST MALLARD - SCOTCH STUFFING (Oatmeal)

Dress, clean and truss wild duck. Place on rack in dripping pan, or place 3 tablespoons lard in bottom of roaster. Rub surface of bird with salt and pepper. Spread breast and legs with butter or lard. Roast in open pan until brown, then cover and bake 30 minutes at 450 degrees, basting twice. Turn heat off and allow bird to bake 20 minutes longer.

Watson Stuffing

(Enough for one mallard. Double recipe for 3 small ducks.)

2 $\frac{1}{2}$ cups rolled oats

$\frac{1}{4}$ cup milk, or less

$\frac{1}{4}$ lb. butter

1 large onion, finely chopped

$\frac{1}{2}$ tsp. salt

2 tsp. parsley, finely chopped

$\frac{1}{4}$ tsp. pepper

Mix ingredients in order given.

$\frac{1}{2}$ tsp. sage

DUCKS WITH ORANGES IN CASSEROLE

- | | |
|-------------------------|----------------------------------|
| 2 young ducks | 4 Temple oranges, rind and juice |
| 6 small carrots, sliced | 1 glass currant jelly |
| 2 cups peas, shelled | $\frac{1}{4}$ cup red wine |
| 3 onions, sliced | 1 tsp. salt |
| 1 cup lima beans | $\frac{1}{4}$ tsp. paprika |
| 6 slices bacon | $\frac{1}{8}$ tsp. pepper |

Cut ducklings as for serving. Place rack in roaster, add combination of vegetables and a cup of water.

Brown portions of duck in frying pan and lay them over the vegetables. Cover roaster and cook for 1 hour at 375 degrees. Make a brown gravy from juices in roaster using 2 tablespoons flour, well-browned, the juice of the oranges and their rind, the currant jelly, and the red wine. Add salt, pepper, and paprika. May be seasoned more highly. Into individual casseroles put portions of the vegetables, placing pieces of duck on top. Add to each casserole parts of the sauce. Top with rosettes of mashed potato and sprinkle more of orange peel and chopped parsley.

Put a slice of partly cooked bacon on top the potato then place the casseroles into a 475 degree oven for a long enough time to finish cooking the bacon and to make sure that everything has blended and that the gravy is sizzling hot.

Temple oranges are best, but others will do. When making a substitution add about 2 tsp. orange marmalade for more zip. One large casserole may be substituted for the individual ones.

ROAST WILD DUCK

Prepare duck for roasting, seasoning well with salt and pepper. Dredge with flour and a little ground clove. Stuff with red cabbage stuffing and serve with cranberry dumplings.

Red Cabbage Stuffing

3 cups toasted bread crumbs, 1 cup chopped red cabbage and 1 medium-sized onion. Season with salt, pepper, and poultry seasoning. Bind together with an egg and a little warm water.

Cranberry Dumplings

Cover 2 cups cranberries with water and cook until berries have burst and water is colored. Drain off berries. Make a rich dumpling dough and roll to about $\frac{1}{4}$ inch thickness. Cut in about 4 inch

squares. Fill center with cranberries sprinkled with sugar and a little cinnamon. Pinch edges of dough together and cook in hot juice about 15 minutes.

BREASTS OF DUCK

Salt, pepper and dredge well with flour only the breasts of duck. Arrange in shallow pan or roaster. Dot breasts well with butter. (Bacon fat just as good). Place in hot oven - 450 to 500 degrees. Cook 20 to 30 minutes basting often. Reduce heat and cook longer if a well done meat is preferred.

ROAST MOUNTAIN GOAT

5 or 6 lbs. roast

Salt and pepper

1 or 2 cloves garlic

Thoroughly clean meat, then make small openings with point of knife and insert small pieces of garlic. Brush meat with salt and pepper. Put in roast with small amount of water, then roast in slow oven till tender, then brown quickly in hot oven. Serve with cranberry catsup made from highbush cranberries.

SPANISH LIVER

Wash 1 lb. sliced liver in cold water. (Moose, caribou or reindeer). Drain well and dredge each slice in flour. Have ready a frying pan containing about $\frac{1}{2}$ inch bacon fat. When fat is hot add liver and brown well. Season with salt and pepper. Add five medium onions and 1 large green pepper sliced. Let them brown a bit. Add 2 cups of canned hot tomatoes, and add enough hot water to cover the meat. Cover tight and simmer for about 30 minutes.

CABBAGE ROLLS WITH MOOSE

Grind one pound moose or sheep meat and season with salt, pepper and garlic and add chopped pepper and one small onion. Pack together in a ball with left over rice or bread crumbs or flour - enough to hold the mixture together. Put into balls about the size of an egg. Wrap each in a cabbage leaf and pin together with a tooth pick. Drop into boiling water and cook 20 minutes or until meat is done. Makes 6 cabbage rolls.

CANNED MOOSE MEAT

Remove meat from can, draining away all liquid. Roll in flour, season to taste. Using sufficient fat or drippings, fry meat until all sides are well-browned. Remove from the fire and make the usual milk gravy and use the liquid reserved from the canned meat. This will taste almost like chicken.

MOOSE HEART A LA WILLIAMS

Two 1½-inch slices moose meat	Wesson oil or any vegetable oil
½ cup cooked rice	1 can tomato sauce
1 onion, finely sliced	Salt and pepper to taste
2 carrots, sliced with grater	

Cut heart in small pieces, and saute in oil 3 minutes. Add rice, onion and carrots. Saute until cooked. Add tomato sauce shortly before removing from the fire. Serve Chinese noodles with this dish.

CORNEBEEF OR MOOSE MEAT

80 lbs. meat	2 oz. saltpeter
5 lbs. salt	Water to cover
2 lbs. brown sugar	

Dissolve salt and sugar in a little hot water. Put in keg, add more water and the pieces of meat. Weight down the meat to keep it covered with the liquid.

MOOSE MEAT MINCE MEAT

1 lb. moose meat	1 tbs. finely cut citron
½ lb. beef suet	½ pt. cooking brandy
4 apples	1 tsp. cinnamon
1 quince	1 tsp. mace
¾ lb. sugar	1 tsp. cloves
½ cup molasses	1 tsp. nutmeg
1 pt. cider	¼ tsp. pepper
1 lb. seeded raisins	Salt to taste
¾ lb. currants	

Cover meat and suet with boiling water and cook until tender. Cool in water in which cooked. When cool remove layer of fat. Then finely chop meat and suet and add to it twice the amount of finely chopped apples, the quince finely chopped, sugar, molasses,

cider, raisins, currants, and citron. Reduce stock in which meat and suet were cooked to $1\frac{1}{2}$ cups, and add to the fruit and meat mixture. Heat gradually, stirring occasionally, and cook slowly 2 hours (in thrift cooker). Add brandy and spices.

This can be put in jars while boiling hot and sealed for future use. This recipe makes 7 or 8 pints. Use as for any mince meat pie.

TO PREPARE MEAT FOR MOOSEBURGERS

Reserve tough cuts and the meats from the bony pieces of moose meat for mooseburgers. To each 4 lbs. of moose add 1 lb. of pork fat, or very fat side pork. Grind all together at least twice. Store in food locker in 1 and 2 lb. packages. Use as one would hamburger or ground round. Mooseburgers may be packed in sausage casings and smoked.

To Cook Mooseburgers

Thaw the package of burger thoroughly. Add $\frac{1}{2}$ teaspoon celery salt and form into thin patties. Sprinkle the bottom of an iron pan generously with salt (until there seems to be as much white as black visible.) Heat on a very hot fire until you can see an occasional grain of salt move. Put patties in pan, press down with spatula or turner, and salt upper side. Maintain high heat. As soon as they are browned well, turn them. Do not over-cook or they will be dry. Serve immediately. Steaks pan-broiled in this manner are also delicious.

MOOSEBURGER MEAT LOAF

2 lbs. mooseburger	$1\frac{1}{2}$ tsp. salt
2 eggs	$\frac{1}{4}$ tsp. pepper
1 cup ground dry bread crumbs	2 cloves minced garlic
2 or 3 large onions, ground	2 tsp. celery salt
$\frac{1}{2}$ cup diced celery, or	1 tsp. mustard
3 tbsl. dried celery tops	$\frac{1}{4}$ tsp. sage or $\frac{1}{8}$ tsp. thyme
$2\frac{1}{2}$ cups evaporated milk	3 or 4 slices bacon

Combine meat with other ingredients, using enough milk so that the mixture is very soft. Place in a large deep pan, pressing down well. Since this is a completely unorthodox loaf, make no attempt to have it hold its shape. Lay strips of bacon across the top, cover and bake in a moderate oven (350 degrees) 2 to $2\frac{1}{2}$ hours. Un-

cover the last half hour to brown. (For a Spanish flavor, omit the thyme and add $\frac{1}{2}$ tsp. Comine (Cumin) and 1 tbs. Chili powder.) This loaf is delicious hot or cold, makes grand sandwiches. Warm over by browning lightly in bacon drippings.

MOOSE PASTIES

Servings 4; Temperature 375 degrees; Time 45 minutes.

Filling

4 medium sized potatoes 2 lbs. beef or moose

4 small onions 1 lb. pork steak

Slice potatoes and onions medium thin and place in pan of cold water until ready for use. Cube meat and set aside while preparing the following pastry:

3 cups all purpose flour $\frac{1}{2}$ cup shortening

1 tsp. salt $\frac{1}{2}$ cup cold water (or less)

Pepper to taste (optional) $\frac{1}{2}$ cup finely chopped suet

$\frac{1}{2}$ tsp. baking powder

Sift dry ingredients. Cut in shortening until mixture is size of peas, then add suet. Add water gradually and mix until dough holds together. Divide in four portions and roll out as for pies. Place $\frac{1}{4}$ of the sliced potatoes, onions and meat on $\frac{1}{2}$ of dough, salt and pepper to taste, dot with butter. Fold other half of pastry over as for turnovers, crimp edges together and place in pie tin. Proceed in the same manner with the other three pies, placing two pastries in one pie tin. These may be baked in advance and reheated in warm oven.

The original English version of these pastries was made almost entirely of potatoes and other vegetables available and the crust was made entirely of flour, salt and suet, with just a small amount of meat for flavoring. However, I find this method is much more palatable and definitely more digestible. Also very adaptable to moose and caribou.

MOOSE AND DRESSING

Canned moose meat

Seasoning

Dry bread

Prepare a well-seasoned dressing of bread, using your favorite spices and including sausage seasoning and onion. Place in a well-greased baking dish. Cut moose meat in small pieces and lay on top of dressing, using all the liquid. Cover, bake until done.

ALASKA POT ROAST

Take a three or four pound piece of moose or reindeer meat suitable for pot roast, dredge well with flour - add flour to meat while cooking - season and brown well in 3 or 4 tablespoons of cooking oil.

When well browned, add a small sack of pickling spices, about 2 tablespoons, and about one cup of water. Cook gently for 3 hours, or 4 possibly, until tender. An hour before serving add 1 can of tomatoes. You should have a fine sauce, well seasoned, and tasty and of a nice consistency.

ITALIAN POT ROAST

Use Moose, Reindeer, Caribou or Beef in this recipe.

2 oz. Italian dried mushrooms	Salt, pepper, ginger
4 lbs. rump roast	1 small can tomato sauce
1½ cupful cooking fat	1 cupful ripe olives (pitted and cut in quarter pieces.)
2 large onions, chopped	
4 cloves garlic, minced	

Soak mushrooms in cupful of hot water 1 hour. Put onion, garlic in hot fat and cook until onion is yellow. Add meat seasoned with salt, pepper and a little ginger and brown on all sides. Cover meat and simmer slowly 2 hours. Add soaked mushrooms, tomato sauce and olives and cook an hour longer.

Noodles, spaghetti, macaroni or mashed potatoes are good served with this. Serves 12.

MOOSE RULLEPOLSE

Use flank of moose. Sprinkle with salt, pepper, ginger and sliced onion. Roll and sew it up and wrap tightly with string. Keep in brine till ready to use.

Brine:

Add enough rock salt to the amount of water used (to cover meat) to float a raw potato. Bring brine to a boil and boil until salt is dissolved. Add one pound of saltpeter to 2 gallons of brine. Cool brine and add meat roll. When ready to use remove from brine. (If too salty soak over night in cold water). Boil about 2 hours and put in bread pan with a heavy weight to press into a heavy loaf. Slice thin for sandwiches.

MAGIC MEAT PIE - USING GROUND MOOSE MEAT

2 onions sliced	1/2 tsp. salt
1 lb. ground moose meat (or any other meat.)	Dash of pepper
1/4 cup shortening	1 tsp. Worcestershire sauce
1 cup cooked peas	2 1/2 cups boiling water
1 cup cooked, diced carrots	1 recipe baking powder biscuit dough
3 tbs. flour	

Saute onions in 2 tablespoons shortening until yellow. Add ground meat and saute until richly browned. Add carrots and peas. Turn into greased casserole. Melt remaining 2 tablespoons shortening. Add flour, salt, pepper and blend. Add Worcestershire sauce and water, stirring constantly and cooking until thickened. Pour 3/4 cup gravy over mixture in baking dish. Reserve remaining gravy to serve with pie. Roll baking powder dough to fit casserole and pick with fork. Adjust dough over meat and seal edge. Bake in very hot oven - 450 degrees 25 to 30 minutes. Serves 6.

MOOSE ROAST OF RIBS

After first meal of moose liver the next meal is usually a meal of roast ribs. These are best when cooked un-frozen, or at best before remaining long in the locker because the fat and tissue between the bones are inclined to absorb a storage flavor.

Select ribs five bones across or as long as your roaster will accommodate. Trim away any excess of tissue or fat then paint meat with a cloth dipped in Wright's liquid smoke. (Good for all kinds of cookery: salmon, salads, tongue, etc.)

Sprinkle freely with flour, salt and pepper. Put into roaster and add one cup of water, cover and bake 3 hours in a 350 degree oven or until the bones loosen from the meat.

LARDED MOOSE MEAT

(4 lb. pot roast)

Cut slits in the meat, insert throughout pieces of bacon. Dredge with flour, seasoning to taste with salt and pepper. Brown on all sides in hot fat. Add cup of water or tomatoes and one onion. Cover and cook until tender - three to four hours. Thicken the gravy and serve with cranberry sauce.

MOOSE STEAKS SUPREME

(This recipe is especially suited to moose steaks which have been in a locker all winter and are beginning to dry out.)

2 lbs. moose steak	1 tsp. celery salt
½ cup flour	1 tsp. salt
1 tsp. poultry dressing	½ tsp. pepper

Cut the dried edges and any fat or tissue from the meat. Then cut meat into elongated strips, about 1½ inches wide. Pound these strips once or twice with a meat mallet, then roll the meat in the mixture of flour and seasonings. When thickly coated drop into a frying pan containing 3 tbs. hot fat. A medium heat is best, however, the fat must be hot when meat is put into it. Then fry as one would fry chicken, slowly and turning often, and pouring more of the flour mixture on the steak as the turning proceeds. Fry for about half an hour, or until each piece is brown and thoroughly done. The flouring keeps the meat juices inside each piece of meat and the result is a tender, well-flavored, juicy piece of moose.

SPANISH STEAK

Moose, Reindeer, Caribou or Beef.

2 lbs. round steak	1 clove garlic chopped
6 small onions	1 cup tomatoes
1 green pepper chopped	1 cup peas

Dredge steak with salt, pepper and flour. Brown on both sides in a little fat. Remove from pan, put in pepper and garlic and cook for 5 minutes. Put meat into heavy pan and spread pepper and garlic over it, add onions and tomatoes, cover and cook until onions and meat are tender (2 hours). Shortly before meat is done, add peas and more seasoning if necessary. Arrange on platter with vegetables on top and surround with border of potato puffs.

Serves 6.

MOOSE OR CARIBOU SWISS ROAST

Brown a thick round steak of moose or caribou which has been pounded well and dredged with flour. Place meat in roaster and cover with ½ can of tomatoes, 1 large onion cut fine and 1 sweet pepper. Cover tightly and cook in a slow oven from two to three hours. Salt and pepper to taste. A clove of garlic may be added to roast if desired.

ALASKAN STEAK

1 medium large moose steak.

Pound until tenderized, sear in ham fat or drippings and simmer in heavy fryer or casserole. Season and flavor with onion. About an hour before serving, pour one can of Campbell's spinach soup and half a can of Campbell's mushroom soup over the meat and return it to the oven until you are ready to serve. Thicken gravy to taste. Often it is nicer with a little hot water added. This same treatment also makes moose roast delicious.

SWISS STEAK

2 lbs. lean round of moose, rein-	or
deer or caribou	2 tsp. grated or fresh horse-
1/2 cup flour	radish
2 tsp. salt	1 small onion
1/3 tsp. pepper	1 cup hot tomatoes or tomato
3 tbs. melted fat	juice
1 tsp. dry mustard	

Cut steaks 1 1/2 or 2 inches thick. Mix flour, salt and pepper; thoroughly pound into steak. Brown on both sides in hot fat; spread top with mustard or the horseradish. Sprinkle with onions and add tomatoes or juice. Cover and simmer over low heat until tender or bake in oven (350) 1 to 1 1/2 hours. Serves six.

BREAST OF PTARMIGAN IN SOUR CREAM

Take only breasts of ptarmigan, salt and pepper, dip in beaten egg and roll in bread crumbs then saute in butter or other shortening. Place in roaster or Dutch oven. Over this pour 1 cup sour cream and 2 tbs. wine. Dust generously with paprika. If desired, add 1 clove minced garlic. Cook in oven at 350 degrees until birds feel tender when pierced with fork. The whole bird may be cooked, but the breasts make a greater delicacy.

FRIED PTARMIGAN BREASTS

Skin ptarmigan and separate wings from the breast. Split breasts in half. Dip breasts in mixture of: 1/2 cup bran to 2/3 cup of seasoned flour. Fry slowly in half butter and half shortening - about 20 minutes or until done.

MOOSE SWISS STEAK

Serves 6. Temperature 325 degrees. Cook 2 hours.

Wipe with a damp cloth about three pounds of two inch steak.

Sift together:

$\frac{3}{4}$ cup flour

$1\frac{1}{2}$ tsp. salt

1 tsp. mustard

$\frac{1}{4}$ tsp. pepper

Beat the flour mixture into the steak with a saucer or mallet until all is absorbed. Brown the steak in $\frac{1}{2}$ cup fat. Rinse pan with cup of water. Arrange meat in casserole, cover with 2 cups sliced onion. If preferred, tomatoes may be used instead of water. Serve with a border of mashed potatoes. This recipe is splendid for a tough piece of moose.

MOOSE OR CARIBOU ALASKAN

2 lbs. moose or caribou, cubed 1 tsp. Chili powder

as if for stew

$\frac{1}{3}$ cup flour

2 tbs. of lemon juice

2 tbs. shortening

1 tsp. salt

$\frac{1}{2}$ cup minced olives

Sprinkle lemon juice over meat and stir well; season with salt and Chili powder, then roll in the flour. Brown well on all sides in the shortening then add hot water to cover and let simmer for two hours. Twenty minutes before serving add the chopped olives. Pimiento may be substituted if desired and let the liquid cook down to a rich gravy. Serve with noodles, hominy or rice. This makes 6 or 8 helpings.

STUFFED PTARMIGAN BREASTS

With sharp knife remove breasts of birds from bone. Put together in pairs sandwich fashion, using favorite bread stuffing for filling. Wrap together with strips of bacon and fasten with tooth picks. Bake in an open baking pan for about 45 minutes, basting with orange juice. Serve with:

Dill Sauce

Make a cream sauce and add $\frac{1}{4}$ cup finely chopped fresh dill.

PTARMIGAN FRICASSEE

Clean birds. Soak in milk. Drain, roll in flour, salt and pepper. Brown in fat. Add milk. Cover and steam until tender.

PTARMIGAN PIE

(Spruce Hens May Be Used)

Cut bird into halves, stew until tender and season with 1 tbs. minced celery, butter, salt, pepper, parsley and onion juice.

Thicken with flour the resulting broth. Place birds in baking dish, pour over the gravy and cover all with a good rich crust. Bake in hot oven until crust is a rich brown.

GELATINED RABBIT OR CHICKEN

1 rabbit or chicken. A small piece of ham, chopped. (Both fat and lean.) Place meats in a covered dish into which is poured enough water or broth to cover and appropriate seasonings added. Cook 4 hours in 350 degrees oven. Then cool meat. Remove fat from top. Re-heat sufficiently to remove bones and skin, keeping the meat in whole pieces. Arrange meat in a wet mold. Boil broth rapidly until only enough is left to cover the meat. Pour this liquid over the meat. When cold a jellied dish is ready.

HASSENPFEFFER (RABBIT STEW)

Disjoint rabbit, 5 pounds. Cover and soak over night with equal parts of water and vinegar. Drain well, then roll in flour and fry in hot bacon fat or butter. Place rabbit in a casserole or pan. To $\frac{1}{3}$ cup drippings add 4 tablespoons flour, stirring till it bubbles. Pour in two cups water and cook till mixture thickens. Salt to taste, then pour in 1 cup tart red jelly (currant preferable) and 1 tablespoon mixed pickling spice. Over the rabbit pour this gravy mixture and if necessary add more water. Meat should be covered. Close casserole tightly and cook for 1 hour or more. Serve with noodles or brown rice.

WILD RABBIT VORST

5 rabbits and 2 lbs. fat pork.

Bring to a boil a small amount of water adding salt and pickling spices. In this water boil rabbits and pork until tender. Reserve broth. Grind the meat. Cook slightly 2 or 3 large onions and 1 clove garlic; flavor this with salt, pepper, vinegar, pickling spices and some of the meat broth - according to taste.

Add the ground meat to this mixture. Pour into a mold to chill or freeze. Use as a head cheese.

ROAST REINDEER SADDLE

(10 to 12 servings)

6½ pounds reindeer saddle	Pepper
2 slices pork for larding	1 cup hot fat
1½ tbs. salt	

Select a saddle from either fresh or frozen reindeer. If meat is frozen, thaw out in milk diluted with water. Wipe and trim. Insert lardoons that have been first rolled in salt. Lay the saddle in a roaster, pour over it the hot fat and roast it for about 1 hour, if the saddle is from a young animal, and longer if from an old deer. Baste often. When done, turn the saddle right side up and trim out the two loin muscles along the backbone. Carve these into slices and put back on the bone. Place on a hot platter and garnish.

BRAISED VENISON

3 lbs. venison	½ tbs. vinegar
3 slices salt pork	½ cup chopped celery
Salt, pepper and flour	1 carrot, diced
¼ cup fat	1 tart apple, chopped
¼ cup hot water	½ tbs. lemon juice

Use the less tender cuts of venison for this method. Lard venison with salt pork and rub with salt, pepper and flour. Saute in hot fat until well browned, turning frequently. Add hot vinegar. Cover closely and cook until tender, about 2 to 2½ hours, adding more water as it evaporates. One half hour before meat is done add remaining ingredients. Cook until vegetables are tender. Serve with a tart jelly.

REINDEER OR PORK SCRAPPLE

(Pork, or reindeer or half of each or veal, may be substituted.) Cook 2 lbs. of shoulder meat until tender in 2 qts. water. Remove bone and gristle and cut meat into cubes. Measure 3 cups cubed meat. Cool broth and skin off fat. Heat 5 cups broth and add 1 tablespoon salt, ¼ teaspoon pepper, ½ teaspoon sage, pinch of allspice. Add 2 cups yellow corn meal and cook ½ hour in double boiler. Add meat, cook ½ hour longer. Pour into well-greased loaf pan. When cold slice in ¼ inch slices, dip in flour and saute on both sides until brown.

BARBECUED REINDEER

Leg of reindeer (leg of lamb or young chickens, cut in half).

Barbecue sauce:

3 cups tomato juice	1 tbls. Worcestershire sauce.
3 large onions, minced	1 cup vinegar
3 cloves garlic, minced	A tsp. or two of sugar if sauce be-
Salt, black pepper, cayenne pep-	comes too tart
per to taste	

Seasonings may be varied to suit individual taste.

First put the reindeer into a very hot oven. When meat is well browned, reduce the heat to a very slow oven. Pour sauce over the meat and baste often.

Meat is delicious when cooked over barbecue pit, but requires practice to regulate heat for proper cooking. Meat should be cooked slowly until tender when tested with a fork.

CASSEROLE DISH WITH VENISON

Tomatoes	Salt
Onions	Cayenne
Butter	Venison (about 2 lbs.)
Pimiento	

Flour $1\frac{1}{2}$ -inch cubes of meat, mince one or two onions, and simmer in 2 tablespoons of butter, add meat and brown in heavy skillet. Put in greased casserole and cover with cubes of fresh tomatoes, strips of pimiento, and seasonings. Bake in oven at 350 degrees. Stir occasionally with long-handled fork.

SPICED VENISON ROAST (LARDED)

Take amount of meat desired for roast, and lard with fine strips of fat salt pork. Use a sufficient quantity of vinegar to cover meat, add a few whole cloves, allspice, bay leaves, dried red peppers, a slice of lemon with rind, and 1 onion. Place meat in this pickle sauce and let stand 3 or 4 days, turning each day. When ready to cook, drain meat and dredge with flour. Brown quickly on all sides, remove from pan, and stir into hot fat $\frac{1}{2}$ cup flour and 1 teaspoon sugar. Strain spices from vinegar, add liquid to gravy. Replace meat in pan and cook in gravy until done. Add water as gravy becomes too thick. Before serving lift the meat out, and strain gravy into a dish containing 1 tablespoon sour cream.



KODAKCHROME BY GEORGE E. ALLEN

Curry Hotel on Alaska Railroad

MEATS **(Originals)**

NEVER A TOUGH STEAK

If you marinate a steak two hours before using in the following sauce:

3 tbs. olive oil	$\frac{1}{8}$ tsp. salt
$1\frac{1}{2}$ tsp. vinegar	$\frac{1}{8}$ tsp. pepper
1 tsp. lemon juice	Pinch of sugar

Then a fire that really broils!

BEEF CURRY ON RICE

$\frac{1}{2}$ minced garlic	1 lb. round steak
2 sliced onions	$\frac{3}{4}$ inch thick
4 tbs. fat	1 boullion cube
1 tbs. flour	1 cup water
4 tsp. salt	1 tsp. curry powder
$\frac{1}{4}$ tsp. pepper	$\frac{1}{2}$ cup tomato juice

Roll cubed round steak in flour, salt and pepper. Brown in grease after sauteing onion and garlic. Add water, boullion cube, curry powder and tomato juice. Let simmer until tender. Serve with rice.

BEEF LOAF

6 servings	
2 lbs. ground beef	Dash of pepper
$\frac{1}{2}$ cup cracker crumbs	2 well beaten eggs
$\frac{1}{2}$ cup melted butter	$\frac{1}{2}$ cup milk
1 tsp. salt	

Turn into loaf pan after mixing well and bake 50 minutes at 350 degrees.

FLOURED BEEF STEAK AND ONIONS

Cut out bone of round steak. Sprinkle thickly with flour. With carving knife, gently chop it until steak will absorb no more flour. Turn on other side and do the same.

Butter a pan; cut steak in pieces suitable to serve. Put layer of steak and then of sliced onions alternately. Season with salt and pepper. Cover with boiling water. Cover pan and cook slowly in oven until meat is tender - about 2 hours at 325 degrees.

BAR-B-Q'D BEEFIES

8 individual meat loaves.

Combine: 1 egg beaten and 1 cup milk.

Pour over: 1 cup soft bread crumbs.

Add:

1 tsp. salt

2 tbls. finely chopped onion

$\frac{1}{4}$ tsp. pepper

$1\frac{1}{4}$ lbs. ground beef

1 tsp. celery salt

$\frac{1}{4}$ lb. ground pork

$\frac{1}{2}$ tsp. Worcestershire sauce

Mix well and shape into individual meat loaves, 1 inch high, 2 inches wide and 3 inches long. Place in a greased shallow baking pan. Thinly slice 2 medium-sized onions, putting a slice or two on each loaf. Pour about half the barbecue sauce over loaves, reserving remainder for basting during baking. Bake about $1\frac{1}{4}$ hours at 350 degrees.

Bar-B-Q Sauce

Combine:

$\frac{1}{2}$ cup catsup

$\frac{1}{8}$ tsp. chili powder

$1\frac{1}{2}$ tsp. salt

1 cup water

$\frac{1}{4}$ tsp. tobasco sauce

CUBED ROUND STEAK

5 servings.

2 lbs. round steak

2 tsp. salt

2 cloves garlic minced

$\frac{1}{2}$ tsp. chili powder

1 large onion

$\frac{1}{2}$ tsp. paprika

coarsely chopped

$\frac{1}{2}$ tsp. black pepper

Place round steak, cut in $\frac{3}{4}$ inch cubes, into top of double boiler. Add remaining ingredients and cook over boiling water 3 hours, or until tender, stirring occasionally.

HAMBURGERS

2 lbs. ground beef

$\frac{1}{2}$ tbls. garlic vinegar

$\frac{1}{2}$ cup light cream

$\frac{1}{2}$ tsp. thyme

2 tbls. grated onion

1 tsp. salt

$\frac{1}{2}$ tbls. Worcestershire sauce

$\frac{1}{2}$ tsp. pepper

Blend all ingredients lightly but thoroughly. Form into loosely-made cakes, about $\frac{1}{3}$ inch thick. Saute quickly in small amount of fat in very hot pan, turning to brown both sides.

SPICY BEEF LOAF

10 servings.

2 lbs. ground beef	2 eggs
$\frac{3}{4}$ cup suet (ground with beef)	$\frac{1}{4}$ cup horse radish
2 small onions diced	1 tsp. mustard
2 cups soft bread crumbs	1 cup meat stock (bouillon)
1 tbs. salt	$\frac{1}{4}$ cup chopped green pepper
1 tbs. Worcestershire sauce	$\frac{3}{4}$ cup tomato catsup

Mix ingredients together in order named, except catsup. Shape into loaf in greased pan. Pour catsup over top. Bake 45 minutes at 400 degrees.

HUNGARIAN GOULASH

1 green pepper and 1 medium onion. Slice in little pieces then fry in 3 tbs. butter.

Add: 1 lb. round steak (cubed), 1 lb. veal (cubed), and 1 lb. pork (cubed). Cut all meat in one inch squares - Brown meat with green pepper - onion and butter. When browned enough put in $\frac{1}{2}$ cup tomatoes. 1 cup boiling water - Season to taste. Boil till done - Serve with rice or potatoes.

ITALIAN MEAT BALLS

1 large head of cabbage	$\frac{3}{4}$ tsp. salt
2 medium onions	$\frac{1}{8}$ tsp. pepper
1 lb. ground beef	Juice of 1 lemon
1 egg slightly beaten	$\frac{1}{4}$ cup milk
$\frac{1}{2}$ cup bread crumbs	1 small can tomato sauce

Remove outside leaves of cabbage. Wash and put into kettle of boiling water until wilted. Drain and cool. Chop remainder of cabbage with the onions. Spread in bottom of roaster and sprinkle with salt and pepper. Combine ground meat, bread crumbs, salt and pepper, lemon juice and milk. Shape mixture into small oblong rolls and roll each tightly in a wilted cabbage leaf. Place these rolls on top of the chopped cabbage and onions in roaster. Pour tomato sauce over all, cover tightly and bake for 2 hours at 300 degrees.

BEEF CHUCK POT ROAST

5 lb. beef chuck pot roast 2 tbs. lard
2 tbs. flour Salt and pepper to taste

Have a pot roast cut from the beef chuck. Dredge with flour and brown on all sides in hot lard. Season with salt and pepper. Add half a cup of hot water. Cover tightly and cook very slowly until done or about three hours. If necessary add water a little at a time. Make a gravy of the liquid in pan and serve with noodles.

"SAUERBRATEN" OR SOUR POTROAST

6 servings.

3 lbs. beef shoulder	½ cup sliced onion
Garlic	2 bay leaves
2 tsp. salt	1 tsp. peppercorns
Pepper	¼ cup sugar
2 cups vinegar	Fat, flour
2 cups water	1 cup sweet or sour cream

Rub meat with a cut surface of garlic, salt and pepper and place in bowl. Heat vinegar, water, onion, bay leaves, pepper-corns and sugar together, but do not boil. Pour hot mixture over meat, cover bowl, and let stand in cool place 4 to 8 days, turning meat each day. Drain, saving vinegar mixture. Brown meat in fat, add ½ of strained vinegar, cover pan and simmer until tender, 2 to 3 hours, adding more vinegar as required to keep liquid about ½ inch deep in pan. Strain liquid and thicken with 2 tablespoons flour for each cup liquid. Cook until thickened and add cream.

SWISS STEAK

1 large round steak	Garlic
1 inch thick	Salt and pepper
2 cans mushrooms	Water

Cut meat into serving pieces, pound in flour and brown quickly on both sides. Place in Dutch oven with garlic to taste, salt and pepper. Pour over enough water to prevent from sticking while cooking. Cook about 2 hours; add mushrooms and liquor. Cook for 1 more hour. The last ½ hour, leave lid off if necessary to let it boil down till the juice is thickened into gravy. More water may be added, if necessary, while cooking.

BAKED RAGOUT OF BEEF

- | | |
|---------------------|------------------------------|
| 1 lb. beef | 2 sliced onions |
| cut in 1 inch cubes | 1 sliced carrot |
| 1/4 cup flour | 2 cups boiled lima beans |
| 1 tsp. salt | 1 cup canned tomatoes |
| 1/4 tsp. pepper | 1 tbls. Worcestershire sauce |
| 2 tbls. fat | |

Mix flour, salt and pepper. Roll meat in mixture. Melt butter in pan. Saute meat a light brown. Add onions. Saute until well browned. Put alternate layers meat and vegetables in greased baking dish. Add tomatoes mixed with Worcestershire sauce. Cover and bake in moderate oven 2 or 3 hours. Serves 6. Boiled peas or diced boiled potatoes, or mixed vegetables may be substituted for lima beans. Small biscuits may be arranged on top and baked during last 10 or 15 minutes in oven.

BARBECUED LEG OF LAMB

Brown leg of lamb in hot oven 450 degrees. Reduce heat to 350 degrees. Make sauce with pan drippings by adding:

- | | |
|---------------------|------------------------------|
| 1 cup water | 2 tbls. Worcestershire sauce |
| 1/2 cup catsup | 1/4 tsp. cayenne |
| 2 tsp. pepper sauce | |
- Add: 1 onion sliced.

Roast until tender, basting every 20 minutes so that meat may absorb flavor of sauce.

INDIVIDUAL LAMB ROASTS

6 servings.

Have six loin lamb chops cut 2 1/2 inches thick. Roll the tail of the chop into center and fasten with skewer or tooth pick. Brown in butter; salt and pepper to taste, and place chops in baking dish. Heat one can of mushroom soup and one-half can of water in pan in which chops have been browned. Pour over meat. Slice one medium onion over all. Cover and bake at 300 degrees for 1 1/2 hours, or until tender. Water may be substituted for mushroom soup. Add a small can of mushrooms and season with kitchen bouquet and 1 teaspoon of Worcestershire sauce.

BEEF OR LAMB STEW

- | | |
|-------------------------|-----------------------|
| 2 lbs. stew meat, diced | 1 bunch diced carrots |
| 8 medium potato halves | 4 medium onions |

Dampen meat and roll in flour, pressing as much into each piece as possible. Brown meat in drippings. Add boiling water to cover. Add prepared vegetables, cover and simmer for about 2 hours.

LEG OF LAMB

Cut pockets 3 inches long and 2 inches deep in a 6 pound leg of lamb. Boil 4 garlic buds in 3 changes of water and chop fine. Add to garlic, 1 teaspoon marjoram and 6 anchovy fillets, chopped fine. Stuff above mixture into pockets in lamb. Wrap leg of lamb in wax paper and store in refrigerator over night. Just before placing in oven, rub lamb with salt and pepper, and dredge with flour. Melt $\frac{1}{4}$ pound butter; put lamb in pan and brown quickly. Add 1 cup consomme. Cover tightly and place in oven. Baste frequently. Bake $3\frac{3}{4}$ hours at 325 degrees.

BAKED HAM WITH ORANGE SAUCE

- | | |
|-------------------------------|--|
| 1 large slice of ham | Paprika |
| 1 inch thick | Juice of 1 orange |
| 2 tbs. sugar | Grated rind and pulp of another orange |
| $\frac{1}{2}$ cup applesauce | |
| $\frac{1}{4}$ cup chili sauce | |

Place ham slice in baking pan. Blend remaining ingredients in sauce pan and cook for a few minutes. Pour over ham and bake $1\frac{1}{2}$ hours at 350 degrees.

HAM LOAF

10 servings.

- | | |
|---------------------------------|---------------|
| $1\frac{1}{2}$ pounds ham | 1 cup oatmeal |
| $1\frac{1}{2}$ pounds lean pork | 2 cups milk |
| 1 cup bread crumbs | 2 eggs |

Mix thoroughly. Form into loaf. Spread with tart jelly and stick with whole cloves. Bake $1\frac{1}{2}$ hours at 350 degrees. Pour around it 1 can tomato hot sauce and 1 can water. Bake 1 hour longer at 300 degrees. Excellent with scalloped potatoes.

UPSIDE DOWN HAM LOAF

- | | |
|-------------------------------------|---------------------------------|
| 3 tbs. butter | 1/2 lb. fresh lean pork, ground |
| 5 tbs. brown sugar | 1/2 cup bread crumbs |
| 3 slices canned pineapple
halved | 1/4 tsp. pepper |
| | 2 eggs beaten |
| 1 lb. lean smoked ham, ground | 1/4 cup milk |

Melt butter in loaf pan and add brown sugar, stirring until dissolved. Add pineapple and saute 5 minutes, or until slightly browned. Mix meats with remaining ingredients. Spread in pan over pineapple sections and press down. Bake in moderately hot oven 375 degrees for 50 minutes. Turn out on hot platter with pineapple on top.

HAM LOAF

6 or 8 servings.

- | | |
|------------------------------|---------------------|
| 2 1/2 lb. ground cured ham | 1 cup milk |
| 1 1/2 lbs. ground fresh pork | 1/3 cup brown sugar |
| 1 cup dry bread crumbs | 1 tbs. dry mustard |
| 1/2 tsp. pepper | 1/4 cup vinegar |
| 2 eggs beaten | |

Combine meat, crumbs, pepper, eggs and milk. Mix thoroughly, form into loaf and pack in loaf pan. Combine sugar, mustard and vinegar and spread over meat. Bake for 1 hour at 350 degrees.

Serve with horse-radish sauce made by folding 3 tablespoons drained horse-radish into 1/2 cup whipped cream. Season with a little salt.

MEAT LOAF

12 servings

- | | |
|----------------------|--------------------------|
| 1 lb. veal | 2 eggs |
| 1 lb. lean pork | 1/2 green pepper, diced |
| 1 lb. lean ham | 1 onion, diced |
| 2 cups tomato puree | Salt and pepper to taste |
| 1 cup cracker crumbs | |

Grind meats, mix and knead well all ingredients. Put in large bread pan and bake at 375 degrees for 1 1/2 hours. If meat loaves are made individually, mold in custard cups and bake at 375 degrees for 1 hour.

MOCK HAM LOAF

2 cans Spam	soup
$\frac{1}{4}$ pound bacon	1 cup cracker crumbs
1 small onion diced	2 eggs in cup and fill with water
1 cup tomato juice or tomato	

Grind spam and bacon. Add remaining ingredients and mix well. Pour in loaf pan and bake 1 hour at 350 degrees.

MEAT LOAF DE LUXE

$\frac{1}{2}$ lb. ground veal	1 tsp. salt
1 lb. ground smoked ham	1 tsp. pepper
1 cup fine bread or cracker crumbs	2 eggs
	1 cup milk

Ingredients for basting sauce:

$\frac{1}{2}$ cup water	1 tbls. dry mustard
$\frac{1}{3}$ cup vinegar	$1\frac{1}{2}$ cup brown sugar

Ingredients for mustard sauce:

$\frac{1}{2}$ cup prepared salad mustard	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup condensed tomato soup	$\frac{1}{2}$ cup margarine
$\frac{1}{3}$ cup vinegar	3 egg yolks beaten

Mix ingredients for meat loaf in order given and blend well. Arrange halved mushrooms in bottom of pan. Cover with mustard sauce. Prepare basting sauce by mixing and cooking ingredients together five minutes. Bake meat loaf 2 hours at 350 degrees, basting several times. Mix first three ingredients for mustard sauce in bowl. Cream last three ingredients in double boiler. Combine and cook stirring constantly until spoon coats. Serve hot or cold.

MEAT AND CHEESE LOAF

10 servings.

2 lbs. ground beef	2 tsp. salt
$1\frac{1}{2}$ cups diced cheese	1 tsp. celery salt
2 eggs beaten	$\frac{1}{2}$ tsp. paprika
1 large onion chopped	3 cups milk
1 large green pepper chopped	1 cup dry bread crumbs
1 tsp. pepper	

Combine ingredients in order given and mix well. Press into two greased loaf pans and bake at 350 degrees about $1\frac{1}{2}$ hours.

BAKED PORK CHOPS

4 servings.

Dip 4 pork chops in egg batter, then in bread crumbs and brown in frying pan. Cover with one can of cream of mushroom soup, to which has been added an equal amount of water. Simmer in oven till tender.

PORK CHOPS CASSEROLE

Season medium thick chops with salt and pepper. Roll in flour and brown. Add:

2 onions minced 1½ cups water

2 dill pickles chopped 2 tbs. pickle juice

to drippings from which chops have been removed. Put chops in casserole and cover with liquid. Bake at 350 degrees for 1 hour or more.

SPARERIBS WITH BARBECUE SAUCE

Cut spareribs into sections for serving and brown thoroughly under broiler, or in pan. Prepare the following sauce:

1 onion diced brown in bacon drippings.

Add:

2 tbs. vinegar ¼ cup lemon juice

1 small bottle catsup 2 cups chopped celery

1 tsp. Worcestershire sauce ½ cup water

½ tsp. dry mustard Salt and pepper to taste

2 tbs. brown sugar

Pour sauce over ribs and bake in a moderate oven, 350 degrees, for one hour.

SWEET AND SOUR SPARERIBS VENISON, PORK, OR MOOSE

6 or 8 servings.

3 lbs. ribs 4 tbs. soy sauce

2 cups water 2 tbs. corn starch

3 tbs. vinegar ½ cup water

3 tbs. sugar

Have ribs cut crosswise several times to make short pieces. Cut into separate pieces. Bring to a boil ribs, water, soy sauce and salt. Simmer for one hour. Place ribs in skillet. Mix sugar, vinegar, cornstarch and water. Add to liquid from ribs and cook until thickened. Pour over ribs and continue cooking several minutes.

BARBECUED SPARERIBS

3 lbs. spareribs	1/2 teas. tabasco
1 cup vinegar	1 tbls. sugar
1 clove garlic cut fine and mashed	1/2 cup catsup
	1 tbl salt
2 tbls. Worcestershire sauce	tsp. dry mustard

Cut the spareribs into portions of three bones each, and salt them. Combine ingredients and simmer for about 10 minutes. Brush the spareribs with the sauce and place in a pre-heated broiler. Cook 30-35 minutes, brushing the spareribs with the sauce and turning them every ten minutes. This is the proper sauce for any barbecued meat.

VEAL LOAF

8 servings.

1 1/2 lbs. ground uncooked veal	Grated rind of 1/2 lemon
2 eggs	1 cup milk
1 cup dry bread crumbs	1 tbls. melted fat
1/8 tsp. nutmeg	1 1/2 tsp. salt
Juice of one lemon	1/4 tsp. pepper

Combine ingredients in order given. Bake in greased loaf pan for 45 minutes at 400 degrees. Serve with mushroom sauce or tomato sauce.

FRANKFURTER LOAF

2 cups elbow macaroni	1/2 cup milk
6 cups boiling water	Dash chili powder
2 tsp. salt	Dash cayenne
4 eggs well beaten	1 1/2 tsp. salt
1 can chicken soup undiluted	12 frankfurters

Cook macaroni (8-ounce package) in boiling water. Drain well and add all other ingredients except frankfurters. Mix lightly. Grease a large loaf pan, 5 by 10 inches. Cover bottom of pan with part of macaroni mixture. Add a layer of frankfurters, placing them lengthwise in pan. Cover with macaroni and repeat. Bake at 350 degrees until custard-like mixture is set, about 90 minutes. Turn loaf from mold and slice from end.

SIMPLE VEAL BIRDS

Any amount of round of veal, cut $\frac{1}{2}$ inch thick. Pound a little flour into each round. Cut each round into strips easy to roll. Lay a strip of bacon on each strip of veal. Salt and pepper and roll, fastening with tooth-picks. Brown in butter in skillet. Add water to cover. Also add 1 bay leaf. Let simmer 2 hours or more. When ready to serve, thicken the gravy with cornstarch dissolved in cold water.

BARBECUED WEINERS

6 to 8 servings.

20 weiners	1 tsp. dry mustard
1 small onion minced	2 tbs. water
2 tbs. vinegar	2 tsp. brown sugar
1 tbs. flour	$\frac{1}{4}$ tsp. black pepper
$1\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup tomato catsup
Dash cayenne	2 tsp. Worcestershire sauce
1 tsp. chili powder	

Put onions through fine blade of food chopper; then boil in vinegar and water for a few minutes. Mix dry ingredients to a paste with catsup and add to cooked onion. Simmer for a few more minutes and add Worcestershire sauce, stirring occasionally. Pierce each weiner with a fork and lay in a pan or roaster. Pour over sauce and bake covered for 45 minutes at 350 degrees. This sauce keeps well, so it may be made several days ahead.

BAKED KIDNEYS

9 lamb or 6 veal kidneys	$\frac{1}{4}$ tsp. salt
1 egg, slightly beaten	$\frac{1}{4}$ tsp. mace
1 tbs. water	Fine cracker crumbs
$\frac{1}{2}$ tsp. minced onion	2 tbs. melted butter

Wash kidneys and split in halves crosswise. Remove white centers and tubes. Soak $\frac{1}{2}$ hour. Drain and dry thoroughly. Dip each half in egg mixed with water, onion and seasonings, and roll in crumbs. Place, cut side down, in greased casserole and baste with butter. Bake uncovered in very hot oven 450 degrees about 20 minutes and serve immediately.

VEAL KIDNEY SAUTE

3 slices bacon	1/2 bay leaf
1 veal kidney	Salt and pepper to taste
1 chopped onion	1 small can mushrooms
1/2 cup chopped celery	Sherry
1 small clove garlic	2 tbls. flour

Wash kidney. Remove fat and membrane and cut in pieces. Cut bacon in dice. Fry slowly with garlic till crisp. Remove garlic and discard. Add onion and celery to bacon fat and cook until clear but not browned. Push to one side in pan and add kidney and some butter if necessary. Cook quickly until kidney loses raw look. Sprinkle with flour and stir in. Add seasonings, mushrooms and enough stock or water to bring to proper consistency (about 1 cup). Cover and simmer 20 minutes.

LIVER LOAF

1 1/2 lbs. beef liver	Milk, enough to soften crumbs
1 onion	2 beaten eggs
Juice of half lemon	Salt and pepper to taste
1 1/2 cups bread crumbs	

Pour boiling water over liver and let stand a few minutes. Drain and cool. Put liver and onion through medium blade of food chopper. Combine with remaining ingredients. Line a mould with thinly sliced bacon. Pour mixture over bacon and bake or steam in medium oven 1 hour or more. Turn out on platter and pour over it tomato sauce. Serve with French or German fried potatoes.

POTATO SAUSAGE

1 lb. ground beef	Other spices to taste
1 lb. ground veal	2 tbls. salt
1 lb. fresh side pork	Onion if desired
1 tbls. allspice	

Grind meat fine and add some raw potatoes cut not too fine. Add 1 cup cold water. Place mixed meat in small sack. Boil for about one and one-half hours. To keep sausage from turning dark, keep in salt brine.



KODAKROME BY CHARLES R. NELSON

Mt. McKinley

ONE DISH MEALS

(Originals)

CHILI BEANS

- | | |
|---------------------------|-----------------------------|
| 2 cups brown beans | 1 can tomatoes (large) |
| 2 lbs. round steak ground | 1 can mushrooms |
| 2 cloves garlic | 1 heaping tbs. chili powder |

Soak beans over night. Cook separately. Fry beef covered with one chopped onion, add tomatoes, salt and pepper, mushrooms, garlic and chili powder. Simmer for five minutes. Combine all and cook for two hours at low heat. Serves eight.

LIMA BEANS

1½ cups lima beans soaked 6 - 8 hours. Drain and cover with boiling water - add 1 small onion cooked until tender. Add ½ tsp. salt during last half of cooking - Drain. Add:

- | | |
|-----------------------------|---------------|
| 1 cup diced celery | ½ cup water |
| 2 tbs. chopped green pepper | 2 tbs. butter |
| 1 can condensed tomato soup | ⅛ tsp. pepper |

Place in buttered casserole - cover with bread crumbs. Bacon strips may be put over top. Bake at 400 degrees for 30 minutes

CABBAGE ROLLS

- | | |
|--|------------------------------|
| 2½ cups ground round steak | 1 tsp. salt, dash pepper and |
| 2 cups cooked rice | savory salt |
| 1 small onion, minced (may be
ground with meat) | |

Large cabbage leaves, wilted in boiling water for 3 or 4 minutes. Mix meat, rice, onion and seasoning. Cut large leaves from new cabbage which peels easily. Before using leaves, cut heavy cord from back of each leaf so it will roll more easily. Put spoonfuls of meat mixture in cabbage leaf, roll and tie with string or thread. Brown rolls in skillet. Remove rolls to baking dish and make gravy from drippings. Add gravy to rolls and bake in covered dish for about one hour in moderate oven. Remove strings from rolls before serving. Serves 6.

LAZY BRIDES DISH

- | | |
|-----------------------------------|-----------------------------------|
| 1 can tomatoes | 1½ lb. bacon diced and browned |
| 1 can corn | 1½ lb. boiled ham diced |
| 1 can lima beans | 2 tbls. flour mixed with juice of |
| 1 can mushrooms | tomatoes |
| 1 can spaghetti with tomato sauce | Salt and pepper |

Mix and bake half an hour at 350 degrees.

SKILLET CHICKEN

Select a young tender chicken about 2½ lbs. Cut into serving pieces. Clean thoroughly then dredge in seasoned flour. Brown in hot fat on high heat (reduce heat if browning too rapidly).

When browned to your taste add:

- | | |
|-------------------------|------------------------------|
| 3 cups water | 1 small green pepper chopped |
| 3 cups uncooked noodles | 3 tbls. chopped pimento |
| 1 onion finely chopped | 6 tbls. celery chopped |

Cover closely - cook on high heat 10 minutes and medium ten minutes. Simmer about 1½ hours. The cooking time depends somewhat upon size and age of fowl. Serves 4 - 5.

RICE WITH CHICKEN

Puerto Rican Style

Buy a 4½ pound chicken. Cut it in pieces as for fricassee. If it is old and tough bring it to a boil in small amount of water and cook until it is tender. But this is not necessary if the chicken is young and tender, or if you have a pressure cooker.

Heat 2 tablespoons of olive oil, shortening or lard in a large kettle. (A dutch oven is ideal for preparing this dish.)

Cut in small pieces the following:

- | | |
|----------------------|----------------------------|
| 1 medium size onion | 1 tomato |
| 1 small green pepper | 1 small sweet chili pepper |
| 1 clove garlic | 2 sprigs parsley |

Add these finely chopped ingredients to the hot oil, brown and then simmer until tender, stirring often.

Then add pieces of chicken. Fry for one minute, or until the chicken is browned on all sides. Then add small can of tomato sauce, ½ a

cup of green olives, 1 tablespoon of capers, and $2\frac{1}{2}$ cups of rice. Mix everything well and season with salt and pepper. Let it simmer for half hour in order that the rice and the chicken may absorb the seasonings well. Then add enough water so that you may have only an excess of one inch of liquid covering the ingredients. If you have boiled the chicken before hand, then use that stock in which you boiled it. Raise the fire, and bring the ingredients to a boil while keeping the kettle covered. But as soon as it boils lower the fire and simmer until rice is cooked, stirring only occasionally. When it is done serve on a platter, cover with hot peas (smallest size) and garnish with pimento. Serves from six to eight persons.

CHOP SUEY

Serves six.

2 tbs. fat	$\frac{3}{4}$ cup coarsely cut green pepper
1 lb. diced pork or veal	3 cups soy-bean sprouts
1 cup fine cut onions	1 cup boiling water
2 tsp. salt	1 tbs. of soy-sauce
$\frac{1}{2}$ tsp. pepper	1 tbs. flour
$1\frac{1}{2}$ cup diced celery	1 tsp. of hot water

Melt fat in frying pan. Brown meat with onions. Add half of salt and pepper and remaining vegetables, seasonings and the boiling water. Let cook 10 minutes. Make paste of soy-sauce, flour and hot water and add to mixture and cook until thick. Serve in hot rice ring - garnish with eggs. (hard cooked)

MACARONI AND HAM HOT DISH

1 cup macaroni (uncooked measure)	1 cup ham
1 cup dry bread crumbs, ground	3 eggs
$\frac{1}{4}$ cup scalded milk	1 tbs. pimento
1 cup grated cheese	2 tbs. grated onion

Pour milk over bread crumbs - add all other ingredients except eggs. Let stand several hours. Before baking add extra milk and cream and eggs well beaten. Season to taste. Bake in moderate oven one hour with casserole in a dish of hot water. When ready to serve pour over two cups cream sauce to which $\frac{1}{2}$ cup mushroom soup has been added.

RABBIT OR CHICKEN CHOW MEIN

1 rabbit or chicken

1½ to 2 lbs. lean pork

Boil rabbit or chicken until tender in salted water; let cool in broth. Cut chicken or rabbit meat into strips; dice pork.

Place into the frying pan 3 tbs. butter or other fat. Brown 2 cups of shredded onion, 1 cup shredded green pepper and 2 cups shredded celery. Add some of the broth (about 2 cups) and cook a few minutes, then add the meat and continue cooking slowly. Next add 2 cans bean sprouts and thicken with 3 tbs. cornstarch or flour, add soy sauce to taste, 4 tbs. or more. Cover and cook slowly for 10 minutes longer. One cup of toasted almonds may be added before serving.

Heat chow mein noodles in the can in the oven. Place generous helpings on each plate and pour over chow mein. Serve with hot boiled rice and tea. Serves 6 or 8 people. Omit dry noodles for chop suey.

MACARONI PLATE

3 cups cooked macaroni

½ cup browned bread crumbs

1 large onion cut fine

1 cup sliced ham or chicken

1 cup beef stock

1 can tomato soup

1 pimento

Grated cheese

Cook macaroni and blanch. Add the beef stock in which the onion has been cooked and add soup and ham or chicken. Put in well greased casserole and top with bread crumbs and cheese and brown in oven.

LITTLE PIGS AND MACARONI

1 cup chopped onion

1 lb. link sausage

1 cup chopped celery

1 can mushrooms

1 No. 2 can tomato puree

1 cup uncooked macaroni

1 tbs. Worcestershire sauce

Cut sausage in 1½ inch lengths - brown and remove from pan. Brown onions and celery in drippings, add tomatoes and mushrooms and cook slowly for about 2 hours. Add macaroni, boiled until tender, and sausages. Pour into casserole and sprinkle with grated cheese and bake at 325 degrees about 45 minutes or until brown. Any kind of olives may be added if desired.

SPAGHETTI - CLAM SAUCE

- | | |
|---|---------------------------|
| 2 tbls. olive oil | 1 small can tomato paste |
| 4 or 5 cloves garlic - minced very fine | 2 tbls. minced parsley |
| 1 No. 2 can tomatoes | 2 small cans minced clams |
| | 2 tbls. oregano leaves |

Place olive oil in medium frying pan. Lightly brown minced garlic. Add tomatoes, oregano, parsley and tomato paste. Simmer until it boils down. Just before serving add the minced clams and let boil 1 or 2 minutes. Taste for salt and add if necessary.

Spaghetti

Use the long fine Italian spaghetti. Boil 7 minutes until tender. Drain in colander and add 1 tsp. olive oil. Serve sauce on spaghetti and top with Parmesan cheese.

ITALIAN SPAGHETTI

Grind:

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| 1 bunch celery | 1 green pepper |
| 2 medium sized onions | 1 bunch carrots (4 large) |
| | Cook: 1 package spaghetti |

Brown:

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| ¼ lb. sliced bacon | 1 lb. hamburger |
|--------------------|-----------------|

Add:

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| 1 large can tomatoes and the ground vegetables | 1 can mushrooms |
|--|-----------------|

Season with dash of tobasco sauce and dash of Worcestershire sauce - ⅛ tsp. cayenne pepper, paprika, pepper, salt, allspice, mace, cloves, cinnamon, nutmeg. Bake 1 hour in large casserole or roaster. This is better the second day.

MEAT AND NOODLE DISH

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|--------------------------|---------------------------------------|
| 1 lb. of hamburger | Salt, pepper and celery salt to taste |
| 1 green pepper (chopped) | |
| 1 large onion (chopped) | 1 cup raw noodles |
| 2 cans of tomato soup | 1 cup grated cheese |

Brown hamburger in small amount of lard - add onion - green pepper - seasoning and cook 10 minutes. Add tomato soup and uncooked noodles and cook slowly for 1 hour. Just before serving stir in grated cheese and place in hot oven and bake just long enough to brown well.

SWISS STEAK WITH RICE

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|------------------------------------|----------------------------------|
| 1/4 cup flour | 2 large onions sliced |
| 2 tsp. salt | 1/3 cup shortening |
| 2 tsp. paprika | 1/2 cup uncooked rice |
| 1/2 tsp. pepper | 2 cups canned or cooked tomatoes |
| 1 lb. round steak
cut in pieces | 2 cups hot water |
| 1 clove garlic
cut in half | |

Mix flour with salt, paprika and pepper. Rub steak with garlic and roll in seasoned flour. Brown onions slightly in shortening. Remove onions. Sear meat on both sides and put in greased casserole. Place onions, rice and tomatoes on top of meat. Add remainder of flour mixture to fat in skillet and blend until smooth. Strain over meat in casserole.

Cook, covered, in moderate oven, 350 degrees, for 1 1/2 hours, or until meat is tender. Serves 6.

DINNER IN A DISH

1/2 lb. pork and 1 lb. beef ground and cooked with 1 large onion. Boil one package of Spaghetti - add the above. Also:

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|--------------------------------|-------------------|
| 1 can corn | 1 can pimentos |
| 1 can tomatoes (juice and all) | 1 can ripe olives |
| 1 can peas | |

Mix thoroughly with one egg and bake in a shallow pan. Add grated cheese on top and bake 1/2 hour or until firm enough to serve.

PIGS IN SPUDS

Peel baking potatoes of uniform size, about 2 inches in diameter and 3 inches long. Core lengthwise with apple corer, then put in kettle of cold salted water, bring to boil and boil 5 minutes. Drain and dry, insert link of sausage (small) - Dip in basting sauce then roll in finely powdered corn flakes, dust with paprika and bake one hour. Place spuds on oven rack with dripping pan below.

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| Basting sauce | Worcestershire sauce |
| Melted butter | Garlic salt |

MEAL-IN-ONE CASSEROLE

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| $\frac{3}{4}$ cup uncooked rice | 3 tbs. butter or meat drippings |
| 1 cup diced cooked carrots | 4 tbs. flour |
| 1 lb. ground beef | 2 cups milk |
| $\frac{1}{2}$ cup milk | 1 tbs. chopped onion or green pepper |
| $\frac{1}{3}$ cup breadcrumbs | 1 tsp. salt |
| 1 tsp. salt | |

Cook rice in rapidly boiling salted water until tender. Mix meat with $\frac{1}{2}$ cup milk, breadcrumbs and 1 tsp. salt. Form in balls the size of walnut. Brown meat in melted butter. Remove meat from pan - add flour and blend well. Add milk gradually and cook, stirring until gravy thickens. Add onion, 1 tsp. salt, cooked carrots and meat. Press rice around sides of baking dish. Pour meat mixture in center. Bake at 350 degrees for about 30 minutes. Serves 6.

RICE PORK CHOPS EN CASSEROLE

- | | |
|---------------------------|---|
| 4 pork chops medium thick | 4 slices each of onion, bell pepper, tomato |
| 3 tbs. uncooked rice | |

Brown pork chops lightly before placing in casserole. Place uncooked rice on top and over that lay slices of onion, bell pepper and tomato. Canned tomatoes may be used if desired. Add salt to taste and almost cover with water. Place cover on casserole and cook with extremely low heat until tender. ((About $2\frac{1}{2}$ hours.))

PORK CHOP CASSEROLE (Serves four)

Slice 2 medium raw potatoes in bottom of greased casserole. Slice medium onion and place on top of potatoes. Place well-browned pork chops over this mixture and then pour 1 can of vegetable soup over all. Bake 1 hour at 350 degrees. Easy and very delicious.

PITTSBURGH POTATOES

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|-----------------------------------|---------------------------|
| 3 strips bacon cut in fine pieces | $1\frac{1}{2}$ tbs. salt |
| 3 tbs. chopped green pepper | $\frac{1}{8}$ tbs. pepper |
| 3 tbs. chopped pimento | $\frac{1}{2}$ cup vinegar |
| 3 tbs. bacon fat | 3 cups diced raw potatoes |

Brown bacon then add green pepper, pimento, bacon fat, salt, pepper and vinegar. Arrange potatoes in a casserole and pour above mixture over them and bake in moderate oven at 350 degrees for $1\frac{1}{2}$ hours or until done.

RICE EN-CASSEROLE

To 1 cup cooked rice add the following:

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| 1 well beaten egg | 1 cup chopped parsley |
| $\frac{1}{2}$ cup melted butter | $\frac{1}{2}$ cup mushrooms (optional) |
| 1 small chopped onion | $\frac{1}{2}$ green pepper chopped
(optional) |

Add to above:

Melt $\frac{1}{4}$ lb. soft pimento cheese in $\frac{3}{4}$ cup milk

Salt and pepper to taste

Bake 1 hour at 350 degrees in buttered casserole or until mixture is firm. Serves four.

RICE FLAMBOYANT

Steam $\frac{3}{4}$ cup of genuine long grain brown rice until nearly done. Place this in a casserole with one jar meat balls and gravy. Mix in $\frac{1}{2}$ pint chopped ripe olives, $\frac{1}{2}$ jar whole pimientos cut in long strips, and some of the liquid; 1 can mushroom soup with about $\frac{1}{3}$ can of water or more and a little salt. Bake about an hour, at 350 degrees, until it starts to cook and then at 300 degrees. The addition of celery makes this dish very tasty. Leave out the meat balls and you have a vegetarian meal that tastes as though it had meat in it.

TAMALE PIE

2 lbs. shoulder veal boiled and cut in pieces or chicken or turkey or $\frac{1}{4}$ lb. beef - $\frac{1}{4}$ lb. veal - $\frac{1}{4}$ lb. pork and $\frac{1}{4}$ lb. smoked ham ground together. If ground meat is used, brown it before adding to other ingredients.

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| 1 cup tomatoes | olives - use the juice too |
| 1 tbls. salt | 1 onion chopped fine |
| 2 tbls. sugar | 1 green pepper chopped fine |
| 2 tsp. chili powder | 2 cloves garlic chopped fine |
| 1 No. 2 can corn | 1 cup meat stock |
| 1 small 5 or 6 oz. jar of stuffed | |

Simmer a few minutes. Add $\frac{3}{4}$ cup cornmeal mixed with $\frac{1}{4}$ cup milk or stock. Pour into baking dish. Cover and bake one and a half to two hours. Remove cover in last half hour. Garnish with sliced olives and parsley.

GOLDEN RICE

1/2 cup raw rice	1/4 tsp. pepper
3 cups shredded raw carrots	2 tsp. salt
1/2 lb. American cheese, shredded	2 tbs. chopped onion
2 eggs	1/2 cup milk

Cook rice in 2 quarts salted boiling water for 15 minutes. Add carrots, cook 5 minutes. Drain and rinse. Toss with cheese (save 1/2 for top), beaten eggs, pepper, salt, onion and milk. Place in casserole with cheese on top. Bake at 325 degrees until firm.

TAMALE PIE

This recipe makes two large casseroles. Would serve about 6 people. Half the recipe is sufficient for a family of two.

2 lbs. ground beef (hamburger may be used). 1 medium onion (the amount of onion depends on the individual's taste. More may be added, if desired). Brown these ingredients in a skillet with 2 tsp. butter, stirring constantly.

Pour two cans tomato sauce and 2 cans water over this and let simmer 20 to 25 minutes. If mixture isn't moist enough, more water may be added.

Add 2 cans (small) ripe olives, chopped and pitted, 1 tsp. salt, 1/2 tsp. pepper, 2 tbs. chili powder and let simmer while you mix a corn meal mush.

Follow directions on corn meal package using about 4 cups water and a little salt. Stir constantly to prevent lumping. Pour half the corn meal in the bottom of baking dish of casserole then meat mixture and top with another layer of corn meal mush. Bake in a moderate oven for 30 minutes. Some people prefer corn in this recipe also. If you do, add a can of whole kernel corn to the meat mixture with other ingredients.

VEGETABLE BEEF TAMALE

2 tbs. butter	2 cups uncooked noodles
1 onion (browned)	1 can corn
1 lb. ground roundsteak	1 can ripe olives
1 cup water	1 cup grated cheese
1 can tomatoes or tomato soup	

Saute onion and ground round in butter. Add to other ingredients in casserole and bake 45 minutes at 350 degrees.

TOMATO PIE

As a crust, use dough for refrigerator rolls—half a recipe makes two big pies. Raise dough once (2 hours). Roll flat, knead down very thin and put on pie tins.

Filling:

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| 1 cup tomatoes solid(fresh or
canned) stewed | chili (1 or 2 small red peppers)
Grated sharp cheese |
| 2 tbls. salad oil | Bacon strips or bacon yeast |
| Dash of salt | flavoring |

Scant tsp. crushed pepper or

Mix all in a bowl, spread on dough, turn sides of dough up. Bake 20 minutes at 400 degrees.

If you do not have a good recipe for refrigerator rolls, here is one you can use:

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| 1 cake Fleischmann's yeast | 4 tbls. melted shortening |
| 2 tbls. sugar | 6 cups sifted flour |
| 2 cups milk scalded and cooled
to lukewarm | 2 tsp. salt |

Dissolve yeast and sugar in lukewarm milk. Add shortening and half the flour. Beat until perfectly smooth. (Use a mixer if you have one). Add salt and remainder of flour. Knead well and place in greased bowl. Cover. Let rise until double in bulk; stir down, cover well and place in refrigerator until needed.

CRAB MEAT AU GRATIN

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| 3 tbls. butter | 1 cup hot top milk |
| 2 tbls. flour | 2 cups flaked crab meat |
| $\frac{3}{4}$ tsp. salt | 2 beaten egg yolks |
| $\frac{1}{4}$ tsp. paprika | 1 tsp. Worcestershire sauce |
| $\frac{1}{4}$ tsp. nutmeg | 1 tbls. sherry |

Melt butter, add flour and blend. Stir in seasoning and hot milk. Cook over low heat until thick. Add crab meat. Add small amount of hot mixture to 2 egg yolks then add to remaining hot mixture. Cook 2 minutes over very low heat. Do not boil. Add Worcestershire sauce and sherry. Pour crab mixture into sea shells or individual casseroles. Sprinkle top with grated cheese and bread crumbs. For border combine 1 egg yolk and 2 cups well seasoned potatoes. Press through pastry tube. Broil until potatoes are golden brown and cheese is melted—about 3 minutes. Serves four.

TAMALE RING

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|--------------------------|---------------------|
| 2 cups canned corn | 1 tsp salt |
| 1 cup yellow cornmeal | 1 can tomato sauce |
| 1 small onion - chopped | 2 eggs well beaten |
| 1 green pepper - chopped | 1 cup milk |
| 2 tbls. melted fat | ¼ tsp. white pepper |

Mix ingredients in order given. Pour in well greased ring mold about 8" in diameter and 2 inches deep. Set ring mold in pan of hot water. Bake slowly (325 degrees) one hour. When baked unmold. Fill center with creamed chicken. Decorate with finely cut parsley.

SHORE DINNER ROLL - Serves 8

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|------------------------------------|--------------------------|
| 2 cups flour | 1 can salmon (1½ cups) |
| 2 tsp. double acting baking powder | 4 tbls. milk |
| ½ tsp. salt | 2 tbls. lemon juice |
| 4 tbls. shortening | 2 tsp. scraped onion |
| 1 egg | 1½ tbls. chopped parsley |
| ½ cup milk | ½ tsp. salt |

Sift together first three ingredients, add shortening, mix well with fork. Beat egg slightly in measuring cup, add milk to make ¾ cup and add to first mixture. Roll out on floured board in sheer 8 inches long and about ¼ inch thick. Mix remaining ingredients; spread evenly on dough. Roll up like jelly roll; bake on baking sheet in hot oven (425 degrees) about 30 minutes. Serve in slices with hot clam sauce, or egg or parsley sauce.

Clam sauce: Mix ¾ cup milk and 1 can condensed clam chowder; bring to boil.

ALASKA LUNCH

Butter baking dish. Place layer of thin sliced raw potatoes, a layer of flaked salmon, layer green peas, layer potatoes, layer salmon, green peas, layer of ground raw carrots mixed with grated onion. Cover with juice of salmon - 1 cup milk - 1 beaten egg - 1 tbls. butter. Top with cracker or bread crumbs. Season to taste over each layer. Bake 45 minutes at 350 degrees.

PEROK - Or Salmon Pie

Boil 2 cups of rice and $\frac{1}{2}$ tsp. salt in double boiler. When cooked allow to cool. Skin and bone salt salmon that has been soaked a couple of days. Drain.

Make a pie crust mixture - roll out as for pie, line a baking dish with edges toward the top of dish. Put in layer of cooked rice (about $\frac{1}{4}$ inch thick), slice of onion on top of rice, then add a layer of salmon to cover. Season salmon layer with pepper. Add more sliced onions over the salmon. Next add another layer of rice, onions and salmon until the dish is filled. Have rice layer on top. Then cover whole top of pie with a top crust (don't forget to cut air vents). Crimp the edges together and bake for one hour. (During the baking drain off any liquid by tipping baking dish on its side. This prevents the bottom crust from becoming soggy.)

Hard boiled eggs may be sliced between salmon and rice layers. Also for variation carrots or turnips may be added.

SHRIMP GUMBO

$\frac{1}{4}$ cup butter	1 cup boiling water
$\frac{1}{2}$ cup sliced celery	1 tsp. each of salt and paprika
$\frac{1}{2}$ cup each sliced green onions and tops	1 tsp. minced parsley
1 can okra	1 hard cooked egg
1 cup tomato puree	1 cup shrimp meat

Fry celery and onion in butter until clear but not browned, add okra, tomatoes and water and seasonings and simmer 30 minutes. Spread shrimp meat, parsley, green onion tops and hard cooked egg (riced) over top, cover kettle and cook 5 minutes longer. Lift out carefully to keep shrimp in large pieces and serve on boiled rice.

TUNA CASSEROLE

Roll either potato chips or corn flakes and put into bottom of individual casseroles to line. Fill with the following mixture: Make a white sauce and add contents of a can of mushrooms (2 oz.) and the contents of a 7 oz. can of tuna fish. Bake about 15 or 20 minutes in a hot oven.

EGGPLANT AND SHRIMP

Pare eggplant - cut in cubes. Boil 15 minutes. Mash and combine with:

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| 1 cup cut cooked shrimps | 1 tbls. chopped parsley |
| 1 finely chopped onion (Bermuda preferred) | 1/2 cup coarse cracker crumbs |
| | 1 egg yolk |

Sauteed in 2 tbls. butter

Season to taste with salt and pepper.

Put in greased casserole and bake in moderately hot oven (375 degrees) for 20 to 30 minutes.

TUNA FISH CASSEROLE DISH

Cook 1 pkg. of noodles, or make your own. Boil 6 or 8 eggs hard. Make a good medium white sauce to which you add 1 small onion minced fine and lightly browned in butter. Now butter a casserole and add alternate layers of white sauce, green peas, halved eggs, mushrooms, and tuna fish. Dot with butter, sprinkle with parmesan cheese and paprika. Bake in medium oven till bubbling well and nicely browned.

DEEP SEA DELIGHT

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|---|---|
| 1 package noodles
(about 6 ounces) | 1 lb. can asparagus tips
or 1 1/2 lbs. of fresh ones |
| 1 cup medium white sauce | 1 small green pepper (cut fine) |
| 1 small can button mushrooms
or 1/4 lb. fresh ones | 1 cup grated American cheese |
| 1 medium size can tuna fish | 1/2 tsp. salt |
| | 1/8 tsp. pepper |

Cook the noodles in salted boiling water until tender. Drain, rinse, and drain them again. Add the rest of the ingredients in the order named, reserving some of the grated cheese for the top of the dish. Place in a buttered casserole, sprinkle with the grated cheese and bake in a moderate oven (350 degrees) for 35 to 45 minutes. Serves 6 to 8.

A few minutes before removing from oven, arrange asparagus on top of dish star shaped in groups of three or four.

DEVILED TUNA CASSEROLE

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|-----------------------------|-------------------------------|
| 1/4 cup minced onion | 1 cup milk |
| 1/2 cup celery | 2 cups tomato sauce |
| 3 tbs. minced green pepper | 1 9-oz. pkg. noodles |
| 4 tbs. butter | 1 1/2 cups cooked peas |
| 1/4 cup flour | 2 cups tuna fish |
| 2 tsp. salt | 1/4 cup sliced stuffed olives |
| 1/4 tsp. pepper | 1 cup soft stale bread crumbs |
| 1 tsp. Worcestershire sauce | mixed with 3 tbs. butter |

Method: Cook onion, celery and green pepper in butter until soft. Blend in flour, salt, pepper and Worcestershire sauce. Add milk slowly, stirring constantly. When slightly thickened, add tomato juice and combine with noodles, peas, tuna and olives. Pour into buttered casserole and cover with crumbs. Bake in hot oven for 20 minutes or until crumbs are brown.

TUNA - RICE - CASSEROLE

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|--------------------------|---------------------------------|
| 1 1/2 cups cooked rice | Dash pepper |
| 1 can tuna | 2 eggs, whites and yolks beaten |
| 3 tbs. lemon juice | separately |
| 1 tsp. salt | 1 1/2 cups bread crumbs browned |
| 1 1/2 tbs. melted butter | in 2 tbs. butter |

Add to the rice, the tuna, lemon juice, butter, egg yolks. Season and mix together. Fold in the egg whites beaten stiff. Put into a buttered casserole and cover with buttered crumbs. Bake until golden brown (375 degrees) about 1 1/2 hour.



KODAKROME BY LU LISTON

City of Kodiak

PASTRY (Original)

HOT WATER PIE CRUST

$\frac{1}{2}$ cup boiling water 1 tsp. salt
1 cup shortening 3 cups flour

Pour boiling water over shortening, add salt and stir until smooth and creamy, add flour and mix thoroughly. Chill before using. Makes 4 crusts.

FAVORITE PIE CRUST

3 cups of sifted all purpose flour 3 tbs. lemon juice
1 tsp. salt 1 tbs. water, cold
1 cup shortening 1 egg, well beaten

After sifting and measuring the flour, add the salt and sift again. Cut in the shortening just until the mixture is evenly crumbly. Add the lemon juice, water and well beaten egg, and mix lightly. This recipe makes enough for two double crust pies. If you use just part of it the rest may be wrapped in wax paper and stored in the refrigerator for a week or two.

APPLE PIE

Crust:

$2\frac{1}{4}$ cups of flour $\frac{3}{4}$ cup of shortening
 $\frac{1}{2}$ tsp. salt

Mix one half the shortening into the flour until very fine. Add the remaining shortening and mix until it is in pieces about the size of a garden pea, add 5 tablespoons water and blend until all the dry ingredients are moistened.

Peel 6 medium sized apples and slice thin. In a separate bowl mix 1 cup sugar, 1 teaspoon cinnamon and two tablespoons flour, mix with the apples and blend well. Line the pie plate with a layer of crust, fill with the apples and two tablespoons water and dot with butter generously, cover with remaining crust and bake slowly for 1 hour in medium oven.

ANGEL FOOD PIE

Mix together 1 cup sugar and 3 tablespoons cornstarch. Add 1 cup water to this mixture and cook over low flame until thick and clear.

Beat 3 egg whites until stiff, add pinch of salt and $\frac{1}{4}$ tsp. almond flavoring, fold in first mixture and pour into baked pie shell (either graham cracker or regular). Sprinkle cocoanut over top and cool. Serve with whipped cream (optional).

FRENCH APPLE PIE

6 apples	2 tbs. flour
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ cup butter
1 tsp. cinnamon or nutmeg	$\frac{1}{2}$ cup brown sugar, packed
1 cup flour	gently in cup

Make pastry for deep 9 inch pie shell. Line a deep 9 inch pie pan with pastry. Mix together the sliced apples, sugar, cinnamon and the 2 tablespoons flour. Place in pastry lined pan. Cream together the butter and brown sugar. Then, with a fork, work in the 1 cup flour to make a crumb mixture. Sprinkle this mixture over the apples. Bake 15 minutes in a hot oven (450 degrees) then reduce temperature to a moderate oven (350 degrees) and bake 20 to 30 minutes longer. If pie browns too quickly cover with a piece of paper. Cool slightly. Serve with plain or whipped cream, if desired.

BANANA PIE

6 tbs. cake flour	2 egg yolks, slightly beaten
$\frac{2}{3}$ cup sugar	$1\frac{1}{4}$ tsp. vanilla
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup cream, whipped
$1\frac{3}{4}$ cup milk	3 bananas

Mix flour, sugar and salt in top of double boiler. Add milk and cook over hot water, stirring constantly until mixture thickens. Then cook 15 minutes longer, stirring occasionally. Pour a small amount of mixture over egg yolks, beating vigorously, return to double boiler, and cook two minutes longer stirring constantly. Remove from fire. Cool. Add vanilla. Chill. Fold in whipped cream. Arrange cream filling and sliced bananas in layers in baked pie shell. Garnish with whipped cream and sliced bananas.

ORANGE-APPLE PIE

5 to 6 tart apples	$\frac{1}{4}$ cupful orange juice
1 cupful brown sugar	2 tbsls. butter
Grated rind of 1 orange	Pastry for 2 crusts

Wash, pare, core, and slice apples, arrange slices in pastry-lined 9 inch pan, add sugar, orange rind and orange juice, dot with butter. Moisten edges of pastry with water and cover with the top crust, pricked with a design, trim and press edges together. Bake in a hot oven (425 degrees) 10 minutes. Reduce heat and bake in moderate oven (350 degrees) 25 minutes longer or until apples are tender.

BLACK BOTTOM PIE

Crust: 16 graham crackers, 5 tablespoons melted butter. Roll crackers fine, add butter and mix well. Pat in pie pan. Bake in slow oven 10 minutes.

1 tbsls. gelatine	2 cups top milk
$1\frac{1}{4}$ tbsls. cornstarch	4 egg yolks
$\frac{1}{2}$ cup sugar	4 tbsls. cold water

Filling

For chocolate layer: $1\frac{1}{2}$ sqs. melted chocolate. Next layer: 4 egg whites, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ tsp. cream of tartar, 1 tsp. rum or vanilla flavor.

Top: 2 tablespoons powdered sugar, 1 cup whipped cream, $\frac{1}{2}$ sq. chocolate, shaved.

Method: Soak gelatin in cold water, scald milk, combine sugar and egg yolks, cornstarch, cook over simmering water, stirring occasionally for 20 minutes or until custard coats spoon well. Remove from heat and take out 1 cup. To this add melted chocolate and beat well with rotary beater. When cool blend in 1 teaspoon vanilla and pour into crust and chill. While remaining custard is still hot blend in gelatine then cool, but do not allow to set. Make a stiff meringue of egg whites, cream of tartar and sugar. While custard mixture is still soft fold in meringue and blend in flavoring. As soon as chocolate filling has begun to set pour in fluffy filling. Chill a few minutes, spread with sweetened whipped cream and shave chocolate square over the top.

BLUEBERRY MERINGUE PIE

3 cups blueberries	1 tbls. lemon juice
1 cup sugar	2 eggs separated
2 tbls. flour	1 baked 9-inch pie shell
$\frac{1}{4}$ tsp. salt	2 tbls. powdered sugar

Mix together blueberries, granulated sugar, lemon juice, flour, salt and egg yolks. Cook over boiling water 10 minutes or until thick, stirring constantly. Cool slightly. Turn into baked pie shell. Cover with meringue made by beating the powdered sugar into the stiffly beaten egg whites. Bake in moderate oven about 15 minutes or until delicately browned.

CHEESE PIE

Crust

1 6-oz. pkg. Zwieback	1 tsp. cinnamon
$\frac{1}{4}$ cup melted butter or margarine	$\frac{1}{2}$ tsp. allspice
	$\frac{1}{2}$ tsp. ginger
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ tsp. cloves

Roll zwieback into fine crumbs; blend with butter or margarine. Mix together sugar, cinnamon, allspice, ginger and cloves. Combine with zwieback mixture. Reserve $\frac{1}{2}$ cup crumb mixture for topping; press remainder firmly on bottom and sides of 9-inch spring-form pan.

Filling

1 lb. cottage cheese	1 tbls. flour
1 cup sugar	1 tbls. baking powder
1 cube melted butter ($\frac{1}{4}$ lb.)	Juice of 1 lemon
$\frac{1}{2}$ pt. whipping cream	1 tsp. vanilla
5 eggs, separated	

Put cheese through sieve and beat until fluffy. Sift together sugar and flour and mix with cheese. Beat egg yolks until thick and lemon-colored; add with lemon juice and rind, if desired. Add cream slowly. Mix thoroughly. Beat egg whites stiff and fold in. Pour into crumb-lined 9-inch spring-form pan; sprinkle with remaining crumb mixture. Bake in moderate oven (350 degrees) for $1\frac{1}{2}$ hours. Cool.

BRIDGE PIE

Cream together:

1 cup sugar

$\frac{1}{2}$ cup butter (less if you like)

Add:

2 egg yolks

$\frac{1}{2}$ cup broken nut meats

8 tbs. sweet milk

Pinch salt

1 tbs. flour

2 egg whites beaten stiff

1 cup dates, pitted and cut up

Put into unbaked pastry shell and bake very slowly (as it scorches easily). Serve with whipped cream, if desired.

CHERRY PIE

2 cups sour cherries

$\frac{1}{3}$ cup brown sugar

$\frac{1}{3}$ cup cherry juice

3 tbs. quick cooking tapioca

$\frac{1}{8}$ tsp. almond extract

1 tbs. butter

$\frac{1}{3}$ cup granulated sugar

Combine cherries, juice, almond extract, sugar, and tapioca; let stand 15 minutes. Pour into pastry-lined pie pan, dot with butter; adjust top crust. Seal edges and flute. Bake in hot oven (450 degrees) 10 minutes, then in moderate oven (350 degrees) 30 minutes.

MOCK CHERRY PIE

2 cups low bush cranberries

$\frac{1}{8}$ tsp. salt

1 cup raisins

1 tbs. butter or shortening

3 tbs. flour

Plain pastry

1 cup sugar

Mix cranberries and raisins, add flour, sugar and salt. Line 9 inch pie pan with pastry, fill with cranberry mixture, dot with butter, cover with top crust or lattice strips. Bake in 425 degree oven 10 minutes, then at 375 degrees for 25 minutes.

CHESS PIE

1 cup sugar

2 eggs, well beaten

$\frac{1}{2}$ cup butter

1 tbs. vanilla

1 cup walnuts

6 tbs. canned cream

1 cup dates, cut fine

Cream sugar and butter, add eggs and remaining ingredients. Line muffin tin with pie crust, fill with a tablespoon of filling and bake in moderate oven until set and brown. This makes $1\frac{1}{2}$ dozen pies.

CHOCOLATE CHIP PIE

2 beaten egg yolks	1 tbs. gelatine
2½ tbs. sugar	¼ cup cold water
⅔ cup milk	2 beaten egg whites
Dash of salt	½ cup coarsely chipped semi-sweet chocolate
½ tsp. vanilla	

Mix first five ingredients and cook to a custard. Remove from heat and add gelatine dissolved in cold water. Cool. Add chocolate and fold in beaten egg whites. Pour into graham cracker crust and chill. Serve garnished with sweetened whipped cream over which chipped chocolate has been scattered.

CHOCOLATE CREAM PIE

1½ cups scalded milk	⅛ tsp. salt
⅔ cup sugar	¼ cup cold milk
3 tbs. flour	3 egg yolks
1½ sq. chocolate	½ tbs. vanilla

Mix sugar, salt, and flour together with cold milk, add beaten egg yolks. Pour this mixture slowly into scalded milk, cook in double boiler until thick. Remove from range, add flavoring and melted chocolate. Cool and pour into baked pie shell.

CHOCOLATE ICE BOX PIE

1 lb. sweet chocolate (Ghirardelli's or Hershey's plain bars)	3 tbs. water
	2 tbs. sugar

Place all in double boiler and melt chocolate. Separate 4 eggs and add the 4 beaten yolks to hot chocolate. Remove from stove and fold into beaten egg whites. Add 1 tsp. vanilla.

Line pie tin with vanilla wafers and pour in mixture. Place in icebox over night. Serve with whipped cream.

ALASKA CRANBERRY PIE

2 cups cranberries	⅔ cup seeded raisins
1¼ cups sugar	2 tbs. flour
¾ cup water	

Mix sugar and flour, add other ingredients and cook ten minutes. Cool and add 1 tsp. vanilla.

Bake in 350 degree oven for 40 - 50 minutes until crust is brown. A one crust shell with a rim and lattice top makes a most attractive 9 inch pie.

CREAM PIE

Crust: Cream together

3 tbs. sugar	1 cup flour
3 tbs. butter	1 tsp. baking powder (level)
1 egg (unbeaten)	

Roll lightly and pat into pie tin, bake at 425 degree oven. Do not handle any more than possible.

Filling:

1 whole egg	1 tbs. flour
2 egg yolks	1½ cups milk
1 cup sugar	

Scald milk in double boiler. Beat whole egg and 2 yolks with the sugar and flour. Pour scalded milk (slowly) into egg mixture, return to double boiler and stir until thickened. Add small lump of butter and 1 tsp. of vanilla. Fill baked crust and beat whites with 2 tbs. sugar for meringue, on top. Brown in oven about 10 to 20 minutes at 350 degrees.

HEAVENLY PIE

1½ cups granulated sugar	1 tbs. lemon rind, grated
¼ tsp. cream of tartar	⅛ tsp. salt
4 eggs, separated	1 pint heavy cream, whipped
3 tbs. lemon juice	

Sift together 1 cup of the sugar and cream of tartar. Beat egg whites until stiff, but not dry; then gradually add sugar mixture, continuing to beat until thoroughly blended. Use this meringue to line bottom and sides of well-greased 9 inch or 10 inch pie plate, hollowing out most of the center and being careful not to spread the meringue too close to the rim. Bake in slow oven of 275 degrees 1 hour. Cool. Beat egg yolks slightly; then stir in remaining ½ cup sugar, the lemon juice, lemon rind, and salt. Cook in top of double boiler over boiling water until very thick, about 8 to 10 minutes. Remove and cool. Whip the cream and combine half of it with the lemon-egg mixture and use to fill meringue shell. Cover with remaining whipped cream. Chill in refrigerator about 24 hours before serving.

SOUR CREAM PIE (1 Crust)

- | | |
|-------------------------|-----------------------------|
| 1 cup thick sour cream | $\frac{1}{2}$ tsp. cinnamon |
| 1 cup sugar (scant) | $\frac{1}{4}$ tsp. cloves |
| 4 eggs | $\frac{1}{4}$ tsp. salt |
| 1 cup raisins (chopped) | |

Beat the 4 egg yolks and 1 egg white until light, add sugar and spices and salt, beat well, add raisins and cream. Pour into an unbaked pie shell and place in hot oven for 10 minutes to set the crust, reduce heat and bake real slow for 45 minutes or until custard is firm, remove from oven and let cool, then beat the 3 remaining egg whites until stiff, add 1 tablespoon sugar for each egg white and pile on top of pie and brown, add $\frac{1}{2}$ tsp. vanilla to egg whites.

SOUR CREAM RAISIN PIE

1 cup sour cream (if sour cream is not available, condensed milk, undiluted, gets almost as good results).

$\frac{1}{2}$ cup seeded raisins (ground after scalding and draining)

$\frac{1}{2}$ tsp. cinnamon 3 egg yolks

$\frac{1}{4}$ tsp. cloves 1 egg white

1 cup sugar

Line the pie tin with your unbaked pie crust dough and fill with the above. Bake in a hot oven for ten minutes, then reduce heat, so that custard bakes slowly. After the pie is baked, beat the remaining two egg whites until thick, add two tablespoons of sugar and beat until the mixture holds to points. Spread on hot pie, return to slow oven and brown meringue.

EGG NOG PIE

4 egg yolks $\frac{1}{4}$ cup cold water

1 cup sugar 4 egg whites

$\frac{1}{2}$ tsp. salt 2 tbs. rum or vanilla

$\frac{1}{2}$ cup hot water $\frac{1}{2}$ cup cream, whipped

1 envelope plain gelatin $\frac{1}{2}$ tsp. nutmeg

Beat egg yolks with $\frac{1}{2}$ cup of the sugar and salt. Add water slowly. Cook in top of double boiler until of custard consistency, stirring constantly, soften gelatin in cold water, add to hot custard and stir until gelatin is thoroughly dissolved. Cool until it starts to

thicken. Beat egg whites until stiff and dry, fold in remaining half sugar, add flavoring and nutmeg. Fold into gelatin mixture. Turn into baked or crumb pie shell and put in refrigerator to chill until set. When ready to serve spread with a thin layer of whipped cream and sprinkle with nutmeg.

LEMON MERINGUE PIE

1½ cups sugar	3 eggs, separated
½ cup flour	6 tbs. lemon juice
2 tbs. cornstarch	3 tbs. grated lemon rind
½ tsp. salt	6 tbs. sugar
2¼ cups boiling water	

Combine sugar, flour, cornstarch, and salt in a double boiler; add boiling water, stirring constantly. Cook over hot water until smooth and thickened, stirring constantly. Cover and cook 15 minutes. Beat egg yolks, gradually; pour some of hot mixture over them while stirring. Return to double boiler and cook 5 minutes longer. Remove from fire, add lemon juice and grated rind. Mix well. While the filling is cooling prepare and bake crust and meringue as follows:

Line pie plate with piecrust rolled ⅛ inch thick. Prick shell well, then bake in hot oven (450 degrees) 12 minutes or until browned. Cool. Make meringue by beating egg whites until stiff but not dry, add 4 to 6 tablespoons sugar gradually while continuing to beat. Flavor with 1 teaspoon of lemon juice. Grease the bottom but not the sides of a pie plate the same size as that used for crust. When the oven has cooled down to 300 degrees bake meringue for 25 to 30 minutes. Cool.

When filling, crust and meringue are all cool, pour filling in crust. Then loosen meringue from edge of pan and carefully slip onto p.e. The pie cools much more quickly when made this way therefore need not be made hours before serving time.

IRISH LEMON PIE

4 egg yolks, 3 tablespoons cold water, juice of one lemon, ¾ cup sugar, 1 tbs. butter. Cook in double boiler until thick. While hot pour over beaten whites of 4 eggs to which ¼ cup sugar has been added. Pour into baked pie shell and bake 10 minutes in 350 degree or 325 degree oven or until golden brown.

LEMON DIVINITY PIE

3 egg yolks beat very light, juice of 1 lemon, rind of 2, 1/2 cup sugar, 3 tablespoons hot water, pinch of salt.

Cook in double boiler until thick, have whites of eggs stiffly beaten with $\frac{1}{2}$ cup sugar, fold into cooked mixture, fill baked pie shell, place in oven and brown about 30 minutes in medium oven.

LEMON SPONGE PIE

Cream together:

1/16 lb. butter

Add:

$\frac{1}{8}$ tsp. salt

Then add:

3 egg yolks

Beat this mixture well and add 1 cup milk. Lastly, fold in the stiffly beaten whites of 3 eggs. Pour in unbaked crust and bake for 30 minutes in 400 degree oven. This is filling for one 9-inch pie.

PECAN PIE

1 cup sugar

$\frac{2}{3}$ cups pecan meats

1 tsp. vanilla

Mix all together, add nuts last. Put into a pie shell. Bake in hot oven 450 degrees for 10 minutes then reduce heat to 350 degrees and continue cooking about 40 minutes.

PUMPKIN PIE

1³/₄ tsp. cinnamon

$\frac{1}{2}$ tsp. cloves

1¾ tsp. ginger

1/2 tsp. nutmeg

1 1/2 tsp. salt

1 1/2 tsp. vanilla

Mix the pumpkin and milk together, add the beaten egg yolks, add the sugar mixed with spices and seasonings. Fold in stiffly beaten egg whites. Turn into unbaked pie shells. Bake at 450 degrees for 15 minutes then turn to 300 degrees until custard is done to consistency where knife will come out clean when inserted. (Makes 2 large pies).

PUMPKIN PIE

- | | |
|-----------------|---------------------------|
| 2 eggs | 1 tsp. allspice |
| 1 cup pumpkin | $\frac{1}{2}$ tsp. nutmeg |
| 1 cup sugar | $\frac{1}{4}$ tsp. cloves |
| 1 tsp. cinnamon | 2 tbs. melted butter |
| 1 tsp. ginger | 1 cup sweet rich milk |

Beat eggs until light, add pumpkin and continue beating. Add sugar mixed with spices and beat again. Add melted butter and beat well. Add the milk slowly and mix well. Pour into an unbaked shell and bake in a medium oven (350 degrees) for 45 minutes or 1 hour.

PUMPKIN CHIFFON PIE

- | | |
|--|-------------------------|
| 3 egg yolks | and cinnamon |
| 1 cup sugar | 1 tbs. gelatin |
| $1\frac{1}{4}$ cups cooked pumpkin | $\frac{1}{4}$ cup water |
| $\frac{1}{2}$ cup milk | 3 egg whites |
| $\frac{1}{2}$ tsp. each salt, ginger, nutmeg | |

Beat egg yolks with $\frac{1}{2}$ cup of sugar and add pumpkin, milk and seasonings. Cook and stir in double boiler until thick, add gelatin, soaked 5 minutes in water, and stir until gelatin is dissolved. Cool. When beginning to thicken fold in egg whites, beaten until stiff with remaining sugar. Pour into baked pie shells (makes 2 small pies). Garnish with whipped cream.

RHUBARB PIE

- | | |
|---------------------------|---|
| $1\frac{1}{2}$ cups sugar | $1\frac{1}{2}$ tbs. quick-cooking tapioca |
| 1 tbs. grated orange rind | $\frac{1}{2}$ tsp. salt |
| 1 tbs. flour | |

Combine these and let stand 20 minutes. Wash and dice three cups rhubarb. When ready for pie add:

- | | |
|--------------------|----------------------|
| 1 tbs. lemon juice | 1 tbs. melted butter |
|--------------------|----------------------|

Mix well and pour into pie tin with rich pastry. Cover with a lattice top. Bake in hot oven (450 degrees) for 10 minutes and then decrease heat to 350 degrees and bake for 30 minutes.

RHUBARB PIE

Fill unbaked pie shell with: 3 cups rhubarb.

Mix in bowl:

1½ cups sugar	1 tbs. butter
2 tbs. flour	2 eggs, beaten
½ tsp. nutmeg	

Pour mixture over rhubarb in pie shell. Bake in hot oven (450 degrees) for 10 minutes and then decrease heat to 350 degrees and bake for 30 minutes.

STRAWBERRY-RHUBARB PIE

1 cup sugar	¼ cup orange juice
¼ tsp. salt	3 cups cut rhubarb
¼ tsp. nutmeg	1 cup sliced strawberries
2 tbs. quick tapioca	1 tbs. butter

Combine sugar, salt, nutmeg, tapioca, orange juice and rhubarb. Fill a 9-inch pie shell. Top with strawberries. Dot with butter. Arrange pastry cut in shape of daisies on top. Bake in hot oven (450 degrees) for 10 minutes and then decrease heat to 350 degrees and bake for 30 minutes.

VENETIAN PIE

Cook together until thick:

1 cup crushed raspberries	1 tbs. quick-cooking tapioca
1 cup sugar	Pinch of salt

Chill. Shortly before serving, spread this mixture over the bottom of a baked pastry shell and over it place a layer of ripe, uncooked raspberries, slightly sugared. Over the berries spread a layer of sweetened whipping cream and over the cream a meringue made by beating 2 egg whites very stiff and beating in gradually ½ cup sugar. Slip the meringued pie under the broiler long enough to brown slightly.

Other fruits, such as youngberries and peaches, may be used in place of raspberries. Be sure to have the berries and the cream very cold.



KODAKROME BY GEORGE E. ALLEN

Fireweed

POULTRY (Originals)

POULET AL ARDENNES (Belgian Recipe)

- | | |
|-----------------------------|---------------------------|
| 1 (2½-3 lb.) frying chicken | wine, heated |
| Salt and pepper | 1 clove garlic, minced |
| ½ cup butter or substitute | 6 or 8 small whole onions |
| 2 tbs. flour | 2½ bay leaves |

1 (4/5 qt.) bottle white or red 3 sprigs parsley, minced
Cut, wash and dry - season each piece of chicken with salt and pepper. Heat butter in skillet, then add chicken and saute to golden brown. Remove chicken and add flour, blend well, slowly add wine, stir to slightly thick, smooth sauce. Add garlic, onions, bay leaves and parsley. Season to taste with salt and pepper. Add the browned chicken. Cover skillet, simmer gently about one hour. When done tender, remove chicken to heated platter; thicken wine sauce with a small amount of flour paste. Serve with rice.

BARBECUED CHICKEN

Serves 4.

- | | |
|----------------|-----------------|
| 2 3-lb. fryers | 3 medium onions |
|----------------|-----------------|

Cut in half lengthwise and arrange, skin side up, in a roasting pan. Sprinkle them generously with both salt and pepper. Cover bottom of pan with hot water. Slice onions thin and arrange around chickens. Uncovered, put in 350 degree oven for ½ hour. Turn over and bake another ½ hour.

BARBECUE SAUCE

- | | |
|------------------------------|---------------------|
| 1½ cups tomato juice | 1 tsp. sugar |
| ¼ tsp. cayenne pepper | 1 bay leaf |
| 2 tsp. salt | ¾ cup cider vinegar |
| ¼ tsp. pepper | 3 cloves of garlic |
| ¼ tsp. powdered mustard | 3 tbs. butter |
| 4½ tsp. Worcestershire sauce | |

Simmer 10 minutes.

After full hour in the oven remove fryers and pour off all but ¾ cup of liquid. Turn fryers, skin side up, and pour sauce over all. Return fryers to oven for next hour. Baste frequently.

BARBECUED CHICKEN

Allow $\frac{1}{2}$ chicken per person. (6 servings)

Clean, then split down the back 3 broiling chickens. Brush them with melted butter. Place on broiling rack, breast side down. Broil them 5 inches from the heat for 15 minutes, brush with melted butter, turn and broil other side same length of time. Turn chicken a second time. Allow $\frac{3}{4}$ to 1 hour in all. Baste them frequently during last period with:

Barbecue Sauce

$\frac{1}{2}$ cup vinegar	$\frac{3}{4}$ tsp. salt
$\frac{1}{3}$ cup salad oil	$\frac{1}{4}$ tsp. paprika
1 tsp. Worcestershire sauce	$1\frac{1}{2}$ tbs. tomato paste
$\frac{1}{2}$ tsp. grated onion	$\frac{1}{4}$ tsp. dry mustard
$\frac{1}{2}$ clove minced garlic	A few drops Tabasco

BARBECUED CHICKEN PAPRIKA

2 (about $1\frac{1}{2}$ -2 lbs.) fryers or broilers	2 or 3 garlic cloves, well minced
2 cups olive oil	4 heaping tbs. paprika
	Salt and pepper

Quarter, wash and dry chicken, place in shallow pan. Mix together the oil, garlic and paprika. Pour over chicken and marinate for 3 or 4 hours, turning the chicken every $\frac{1}{2}$ hour. Season with salt and pepper just before barbecuing over hot coals, basting frequently with marinade.

CHICKEN CURRY

3 lbs. chicken	2 tbs. salt
$\frac{1}{2}$ cup butter	1 cup sherry wine
2 onions, sliced	Boiled rice
1 tbs. curry powder	

Cut chicken into pieces for frying. Melt butter in hot frying pan, add chicken and cook 10 minutes. Add liver, gizzard and cook 10 minutes longer. Add onion, curry, salt, wine, and enough boiling water to cover. Cook until chicken is tender. Remove chicken to platter. Thicken the liquid in which chicken was cooked and pour this sauce over chicken. Serve with a border of rice.

BOISE BASIN CHICKEN

- | | |
|--|---|
| 1 (3 or 4 lb.) fricasseeing chicken | 2 cloves garlic |
| | $\frac{1}{4}$ tsp. pepper |
| $1\frac{1}{2}$ cups white wine vinegar | 1 pinch each cayenne, cloves and allspice |
| 1 cup chicken broth | |

Disjoint chicken and wash, place in kettle, cover with boiling salted water and simmer slowly $2\frac{1}{2}$ to 3 hours. Cool slightly; remove meat from bones and pack in bowl. Combine vinegar, broth, garlic and seasonings. Pour over chicken meat. Let stand 2 days before using.

CHICKEN EN CASSEROLE

Wipe a $4\frac{1}{2}$ lb. chicken dry and cut in pieces for serving. Sprinkle with salt and pepper. Spread generously with butter and lay in casserole. Add 1 cup boiling water. Cover and cook until tender, then add 1 cup cream, 2 cups mushrooms, $\frac{1}{2}$ cup green peas. Cook covered 15 minutes. Drain off gravy, thicken with 1 tbs. flour with water. Stir and cook until gravy thickens, then pour back into casserole and serve.

CHICKEN IN WINE

Disjoint and fry a stewing hen.

Add 1 onion, some parsley and 1 cup chopped celery, a pinch of rosemary, half a bay leaf, a dash of cloves, 1 tomato or $\frac{1}{2}$ cup stewed tomatoes, 1 tsp. salt, $\frac{1}{4}$ tsp. pepper, 1 tsp. sugar, 1 can mushrooms and liquor and $\frac{1}{2}$ cup white dry wine.

Stew very slowly until tender.

CHICKEN FRICASSEE

- | | |
|-----------------------------|-----------------------------|
| 1 fowl, 4 to 5 lbs. | 2 tsp. salt |
| 1 qt. boiling water | 6 or 7 medium sized carrots |
| 1 large onion | 4 to 6 tbs. flour |
| 4 stalks or stems of celery | |

Method: Clean the fowl thoroughly. Wash well inside and out. Put the whole fowl in a large kettle with the boiling water, onion and celery. Cover closely. Bring to a boil, reduce the heat and simmer gently $\frac{1}{2}$ hour. Add salt and carrots and continue simmer-

ing till the fowl is tender (about 2 hours). Remove fowl and carrots from the stock and keep them hot. Strain stock; remove all fat and measure the stock; should be two to three cups.

To make the sauce allow two tbls. each of chicken fat and flour for each cup of stock. Put fat into pan, blend in flour (over low flame) taking care not to let flour brown, then add strained stock stirring constantly. Cook until sauce is smooth and thick. Remove skin from fowl, take meat off bones in large pieces. Arrange in center of platter or serving dish, place carrots around the chicken and a border of steamed rice. Pour sauce over the chicken and carrots.

CHICKEN FRICASSEE, HOLLANDAISE

1 (about 3 lbs.) frying chicken	1 quart boiling water
2 leeks	1 tsp. salt - $\frac{1}{2}$ tsp. pepper
2 sprigs of parsley	4 tbls. butter
1 bay leaf	4 tbls. flour
2 whole cloves	3 cups chicken broth
1 sprig thyme	1 can mushrooms sliced
1 blade mace	2 egg yolks beaten
1 carrot sliced	$\frac{1}{2}$ cup cream
1 onion	Juice $\frac{1}{2}$ lemon strained

Cut and wash chicken, place in kettle; make a bouquet, tying together leeks, parsley, bay leaf, cloves, thyme and mace, add to chicken. Add carrot, onion, water and seasoning. Cover and bring to boil. Simmer 40 minutes. Remove chicken to serving dish. Keep warm. Melt butter in saucepan, add flour, blend. Gradually add chicken broth, then mushrooms; bring to boil; simmer 10 minutes. Combine egg yolks and cream; stir in lemon juice; stir this mixture into broth. Pour sauce over chicken sprinkle with chopped parsley.

MOLDED CHICKEN

$1\frac{1}{2}$ cups (well seasoned) chicken (chopped fine)	$\frac{3}{4}$ cup cream (whipped)
$\frac{3}{4}$ cup chicken stock	1 tbls. gelatin

Dissolve gelatin in a little cold stock. Heat rest of stock and add dissolved gelatin. Let cool until it begins to thicken. Mix with chicken - add whipped cream last. Pour into molds (individual molds).

CHICKEN, HUNGARIAN STYLE

- | | |
|-----------------------------------|-------------------------|
| 1 small broiler chicken | 1 small onion |
| Very small garlic clove | $\frac{1}{2}$ tsp. salt |
| $1\frac{1}{2}$ cups of sour cream | 2 tbs. butter |
| 1 cup rice | |

Cut chicken in quarters and flour lightly. Cook to a light brown with onion chopped fine and the garlic. Then add the sour cream and salt. Cook 30 minutes or until tender. Lay chicken on rice, cover with sauce and serve.

CHICKEN POT PIE

Select a fat hen. Prepare as for fricasse. Place carrot, small onion and three stalks of celery in pot of boiling water. Drop in chicken and boil gently for 1 hour. Salt to taste.

Pot pie: 4 cups flour, 4 tsp. baking powder, $\frac{1}{4}$ tsp. salt, 4 tbs. shortening. Blend with milk or water and roll out like biscuit dough, about $\frac{1}{2}$ inch thick. Cut in 2 inch squares and drop in boiling liquid with chicken and cook gently for 1 hour.

As far as known this is a Pennsylvania Dutch dish. It is an appetizing dish, an economical way to serve chicken and with a salad is a good meal.

CHICKEN PARISIENNE

Serves 4.

- | | |
|------------------|---|
| 1 2-lb. broiler | 1 clove garlic |
| 3 tbs. butter | 1 tsp. B. V. extract |
| 2 large potatoes | $\frac{1}{2}$ cup hot water |
| 2 large carrots | $\frac{1}{2}$ cup Sauterne wine |
| 2 stalks celery | Salt, pepper and little nutmeg to taste |
| 1 green pepper | |
| 1 onion | 1 small can mushrooms |

Clean and disjoint chicken. Salt and pepper and roll in flour. Fry until brown. Brown chopped onion and garlic in butter, add chopped celery and green pepper and mushrooms. Cook until tender. Lay chicken on top. Add the B. V. extract dissolved in hot water and wine. Cook slowly for about $\frac{1}{2}$ hour. Scoop little balls from potatoes and carrots and french fry. Garnish around platter of chicken.

CHICKEN WITH SPAGHETTI

5 lbs. chicken.

Simmer in water to which has been added salt, small onion and a piece of celery. Cool in broth. Remove skin and bone and cut meat into small pieces.

2 large onions diced	1 large can mushroom pieces
2 cups diced celery	½ tsp. pepper
1 large green pepper diced	Cayenne
½ cup oil or butter or combination of both	1 tsp. salt
1 No. 2 can tomato puree	1 tsp. sugar
1 can tomato paste (with basil, if possible)	1 clove garlic minced fine
	2 cups grated nippy cheese
	2 lbs. spaghetti

Cook onion, celery, pepper and garlic in oil gently; do not allow to brown. Add tomatoes and tomato paste and seasonings; simmer gently for two or three hours. As the liquid evaporates add chicken stock and liquid from mushrooms.

Cook spaghetti in boiling salted water until done. Pour off water and rinse in more clear hot water.

Add chicken, mushrooms and cheese to hot sauce and pour over spaghetti. Serves 12 to 14. Serve with garlic bread and tossed green salad.

SCALLOPED CHICKEN

Pour ⅓ cup leftover chicken broth over 2 cups cooked rice. Melt 1½ tbs. butter, blend in ¼ cup flour, add 1 cup milk and 1 cup more chicken broth slowly, stirring constantly. Cook until thickened. Season with salt and pepper. Butter a casserole and cover bottom with a layer of rice. Place layer of chicken over the rice and add a generous amount of the gravy. Dot with almonds, pimiento and mushrooms. Repeat with a second layer of each. Sprinkle buttered crumbs over the top, then paprika. Bake 45 minutes in 350 degree oven.

WILD RICE DRESSING

Boil rice in salt water 20 minutes. Wash in three cold waters, drain until dry. Fry lots of onions in butter until tender; stir in rice until nice and light brown. Put in sage, salt, garlic salt and celery salt. Ready for meat or fowl.

SKILLET CHICKEN WITH RICE

1 young chicken (about 3 lbs.) clean, cut into pieces for serving; dry. Combine $\frac{1}{2}$ cup flour, $1\frac{1}{4}$ tsp. salt, 1 tsp. paprika, $\frac{1}{4}$ tsp. pepper, put in paper bag, shake chicken a few pieces at a time in this to thoroughly coat each piece. In deep skillet (or chicken fryer) melt $\frac{1}{2}$ cup vegetable shortening. Add 1 whole clove garlic and chopped onion, brown chicken, turning frequently; when evenly browned pour off fat and strain. Return fat to skillet, add 3 cups boiling water (or chicken broth), sprinkle $\frac{3}{4}$ cup rice, washed, over chicken, add 1 teaspoon salt. Cover tightly, cook slowly until chicken is tender and rice is fluffy and well done (about 1 hour). Most of liquid will be absorbed during cooking.

CHICKEN AND NOODLES

1 small package egg noodles	1 can cream of mushroom soup
1 can or glass of chicken	Bread crumbs
(may use left-overs)	

Cook noodles, drain and rinse. Cut up chicken. Mix noodles, mushroom soup, $\frac{1}{2}$ cup water and chicken; season. Put in casserole, cover with bread crumbs, dot with butter and bake about 30 minutes in moderate oven.

PLAIN BREAD DRESSING

This dressing can be used for turkey, chicken, meat or fish.

$1\frac{1}{2}$ loaf bread	2 onions (medium)
$\frac{1}{2}$ cup butter	1 tsp. sage
$\frac{1}{4}$ green pepper	Salt and pepper
1 stalk celery	

Pick the bread (about one day old) into small pieces, add celery and green pepper (cut fine), onions (fried light brown under low heat in butter), salt, pepper, sage and melted butter, mix.

TURKEY DRESSING

3 qts. stale bread crumbs	$\frac{3}{4}$ cup butter
5 tsp. salt or to taste	$\frac{1}{2}$ cup chopped onion
1 tbls. sage	2 cups chopped celery
$\frac{1}{4}$ tsp. pepper	2 tbls. chopped parsley

Melt butter and brown onion in it. Pour over crumbs and add 1 cup boiling water (more if desired). Add seasoning, cover and let stand until cool. Add celery and stuff both cavities of fowl.

HOME FREEZING (Original)

PACKAGING FOR FREEZING

This article appeared in the September 1946 issue of "The Country Gentleman" and is reprinted by special permission.

If you want to be happy with the frozen foods you eat next winter, protect your foods before freezing with the right kinds of wrappings. Frozen foods dry out and lose color, flavor and food value if they are not properly wrapped in moisture-vapor-proofed materials that can be sealed tightly. Special materials designed for packaging frozen foods must be used. Ordinary water-proofed papers or cartons are not satisfactory.

TYPES OF CONTAINERS

HEAT SEALED PACKAGES give efficient protection against drying and are space savers. To seal, press the tip of a moderately hot iron over the over-lapping sheets or boards. Use just enough heat and pressure to hold the edges tightly together.

The "bag-in-box" type of container combines a rigid pasteboard carton with a heat-sealed liner of moisture-vapor-proof cellophane, specially treated parchment, or rubber-based Pliofilm.

Cartons with heat-sealing Cellophane overwrap are a reversal of the "bag-in-box" type of container.

Plastic-coated, cube-shaped cartons have heat-sealing tops.

Moisture-vapor-proof Cellophane bags of single and double thickness, not enclosed in cartons, come ready-made and may be heat-sealed. Single-thickness bags should be covered with mesh cloth known as "stockinette" or with a carton. Wet-strength paper bags lined with moisture-vapor-proof Cellophane are also available.

Sheets of moisture-vapor-proof Cellophane or Pliofilm may be used for making bags of any shape or size. Both materials may be heat-sealed.

WAXED CUPS WITH SET-IN LIDS are liquid tight and strong. The seal is not vaporproof, so food may dry out and darken during long storage periods.

GLASS JARS with lids and rubber rings may be used if carefully handled to prevent breakage. They take up more space than other types of containers, and the food must be thawed before it can be removed for cooking. Glass jars are completely vaporproof.

TIN CANS, plain and lacquered, with sealed or friction-top covers give excellent protection against drying. They are completely vaporproof.

PACKAGE RIGHT

FRUITS—Liquid-tight containers must be used for packing fruits. Waxed cartons, glass jars and tin cans are suitable. Waxed cups with set-in lids are considered best in many ways because they are liquid-tight and strong. If tin is used, the cans must be lacquered for most fruits, particularly those with high acid content, or those which discolor easily. Do not fill more than 9/10 full, packing lightly. Head room must be allowed for expansion of the liquid during freezing.

VEGETABLES—"Bag-in-box" containers, waxed cartons, glass jars or tin cans may be used to package vegetables with or without brine. When packed without brine, leave 1/2 inch head space for vegetables that pack tightly, such as peas and corn. Loosely packed vegetables, such as broccoli and cauliflower, need no head space. Vegetables packed in brine should have 1-inch head space in bags or cartons and 1 1/2 inches in glass jars or tin cans.

MEATS—Moisture-vapor-proof Cellophane, parchment paper and Pliofilm are excellent materials for packaging roasts and other large cuts. The wrapping material should be big enough to allow folding the ends over several times to provide a tight seal. Heat-seal the ends, or use string or freezer tape. Stockinette slipped over the package holds the wrapping material tight against the meat.

Smaller cuts, such as chops and steaks, and ground meats may be packed in shallow waxed cartons lined with moisture-proof Cellophane or Pliofilm and overwrapped with the same material and heat-sealed. Two sheets of wrapping material should be placed between the individual cuts to prevent them from freezing together.

POULTRY—Whole roasting chickens should be wrapped in moisture-vapor-proof Cellophane or parchment, heat-sealed, and covered with stockinette to hold the wrap firm.

Cut-up chicken may be placed in a shallow waxed carton with a heat-sealing Cellophane overwrap. The giblets are separately wrapped and placed with the pieces in the carton.

FISH—Each whole fish or piece should be individually wrapped in moisture-vapor-proof Cellophane or Pliofilm before being placed in a waxed carton with heat-sealing overwrap of the same material.

Fish may also be glazed with ice. Freeze fish unwrapped. Then dip in near-freezing water. Let the ice film freeze. Dip again. Store at zero. Renew glaze every 1 to 3 months of storage. The glazed frozen fish may be wrapped in vaporproof paper for further protection.

Waxed cups with set-in lids are best for oysters, scallops, clams, shrimp, lobster and crabmeat.

EGGS—To freeze eggs, remove from the shell. The yolks and whites may be frozen separately or mixed. Mix whites and yolks separately or mixed. Mix whites and yolks thoroughly, but do not beat in air. Add 1 tablespoon sugar or corn syrup or 1 teaspoon salt for each cup of mixed yolks and whites or for each cup of egg yolks. This prevents coagulation of the yolk during storage. Egg whites need no treatment before freezing. Pack in waxed cartons with tight lids. If you prefer, freeze in a refrigerator tray, remove "egg" cubes, wrap individually in moisture-proof Cellophane and place in a waxed carton for frozen storage.

BUTTER, LARD and CHEESE—Wrap in a moisture-vapor-proof Cellophane, Parchment or Pliofilm. Unsalted butter keeps longer than salted butter.

HOME-COOKED FOODS—Doughs and baked goods may be wrapped in moisture-vapor-proof Cellophane, parchment or Pliofilm and heat-sealed. They may then be placed in cartons for added protection.

Cooked foods may be packaged in heavily waxed heat-sealing cartons. Before attempting to freeze home-cooked foods, it is ad-

visable to get information on whether that food may be successfully frozen.

VEGETABLES

Most of the vegetables grown in Alaska are very tender due to their rapid growth and are better if the blanching period is very short. They will not dry out so fast in the locker and will retain their flavor longer.

Blanching means that the vegetable is put into rapidly boiling water and brought to a full rolling boil. Most of the vegetables should then be boiled only one minute.

Broccoli should be handled in small amounts as it will fall apart at the bottom of the pot before it comes to a full rolling boil.

Large Beets should be cooked till tender, cut and frozen.

Cauliflower should be broken into small flowers and be sure to boil just one minute.

Spinach should be cooked in 2 gallons of water, 2 minutes.

BERRIES

Use only the cream of the crop and do not wash if it can be helped.

Add just a sprinkling of sugar. Care must be taken not to heap in the package. It is better to leave a good half inch at the top as berries are inclined to leak during storage unless this is done. The quicker the berries are taken to the locker and frozen the better they will be when used.

PRESERVES and RELISHES (Originals)

APPLES IN WINE SAUCE

(This makes a nice accompaniment with the meat course.)

Peel and quarter 6 apples, also removing cores. Dredge in flour and fry in butter until soft. Press a salted almond into each quarter. Put apples into flat baking tin or frying pan and bake in a syrup made of brown sugar, vinegar and cloves. (The syrup from watermelon pickles will do very well.) Pour about a cupful of sherry or any other wine over apples about half an hour before removing from oven. (Caution—Do not have oven too hot. About 300 to 350 degrees.)

DRIED APRICOT JAM

2 lbs. dried apricots	3 cups sugar
12 cups water	1 lb. almonds

Cook together until thick. Makes 7 pints.

HOW TO CAN BLUEBERRIES

No sugar, no water.

The berries are blanched and packed directly into clean, tested jars. No sugar is added, and no water. Therefore the liquid in the jars after processing is pure blueberry juice. Use the berries for pies, for sauce, cobblers or shortcake, adding sugar as you would to fresh berries.

TO CAN LOW BUSH ALASKAN CRANBERRIES

Pick over and clean berries carefully. Wash and fill jars to within half an inch of top. Fill jars with cold water, seal with sterilized covers and screw tops on tight. No boiling or sterilizing required. To make sauce from these canned berries, pour off one cup of water from jar, add equal amount of sugar, bring to a boil, and add rest of water and berries from jar, bring to boil and boil until berries are soft. Add more sugar to sweeten if desired. This makes a very delicious sauce to serve with moose and other meats.



KODAKROME BY CHARLES R. NELSON

Alaskan Strawberries

UNCOOKED BLUEBERRY JAM

Combine 2 cups sugar and 1 cup blueberries. Stir four or five times a day for four days. Seal in sterile glasses. Will keep indefinitely. Delicious on ice cream or cake.

CARROT MARMALADE

- | | |
|------------------------------------|--------------------------|
| 1 doz. raw grated carrots | Strain juice of 3 lemons |
| 1 cup sugar to each cup of carrots | 1 tsp. powdered cinnamon |
| | 1 tsp. powdered cloves |

Mix grated carrots with sugar and allow to stand over night. In the morning add the lemon juice and spice. Cook slowly for one hour.

CRANBERRY SAUCE (ALASKAN BERRIES)

- | | |
|--------------------|--------------|
| 4 cups cranberries | 2 cups water |
| 3 cups sugar | |

Place all in sauce pan, blend well, bring to fast rolling boil and boil until jells in bowl of the spoon in few minutes, approximately 20 minutes Without straining place in hot sterile jars or glasses and seal.

CRANBERRY MARMALADE

- | | |
|---|--------------------------|
| 1 orange | 1½ cups water |
| 2 cups cranberries | 1½ cups granulated sugar |
| ⅔ cup membrane-free grapefruit sections | 1½ cups dark corn sirup |

Wash orange; cut into eights. Remove pulp, dice. Cut peel into thin strips, cover with cold water; boil five minutes, drain. Repeat this three times. Combine peel, cranberries, grapefruit sections, orange pulp, and water; boil slowly 15 minutes. Add sugar, corn sirup; boil 20 minutes, or until the mixture thickens. Pour immediately into hot sterilized jars, filling to top; seal. Makes two pints.

CRANBERRY PINEAPPLE BUTTER

- | | |
|--|---------------------------|
| 3 cups high (or low) bush cranberry pulp | 1 cup pineapple (crushed) |
| | 3½ cups sugar |

Boil mixture until it thickens, pour into sterilized jars, and seal.

CRYSTALIZED CRANBERRIES

4 cupfuls of cranberries 2 cupfuls of boiling water

3 cupfuls of sugar

Pick over and wash cranberries, mix with sugar and water in casserole and stir well until sugar is dissolved. Put into a medium oven (350 degrees) and bake for one hour after the mixture has begun to boil. Be sure the container is large enough so that berries will not boil over. These cranberries can be prepared early in the holiday season and sealed in jars. They will keep indefinitely.

SPICED GOOSEBERRIES

4 qts. berries

$\frac{1}{2}$ tsp. cloves

3 lbs. sugar

$\frac{1}{2}$ tsp. cinnamon

$\frac{1}{2}$ cup vinegar

$\frac{1}{2}$ tsp. allspice

Stem and pick blossoms off berries. For each cup of berries add $\frac{3}{4}$ cup sugar. Put a small amount of water in kettle with fruit and sugar and boil until very light brown. Add vinegar and spices and boil a few minutes longer.

TWO-DAY ORANGE MARMALADE

2 lemons

6 oranges

1 cup lemon juice

Slice fruit very thin; add enough water to cover and let stand overnight. Next day boil 45 minutes. Measure and add $11\frac{1}{2}$ times as much sugar. Boil again 45 minutes. Take off and add lemon juice, heat, and seal.

Makes a clear and juicy marmalade.

CURRENT STRAWBERRY JAM

2 cups strong currant juice

10 cups ($4\frac{1}{2}$ lbs.) sugar

6 cups crushed strawberries

Pinch salt

Bring to boil on low in thrift cooker (or in thick, bottomed kettle on plate). Stir occasionally. Turn to high and boil for 10 minutes. Add 1 tsp. lemon juice. Boil 3 minutes. (Bit of butter will stop foaming.) Pour into sterilized jars or glass and seal or cover with melted paraffin.

Yield: 10 or 12 glasses of jam.

ORANGE MARMALADE

3 oranges

1 grapefruit

3 lemons

Slice fruit thin including peel. Soak in 3 times as much water as pulp and juice. Next morning boil hard for 10 minutes—leave over night and cook 2 hours or until tender. Add as much sugar as fruit and boil 1 hour, or until it jells.

STRAWBERRY JAM

4 cups berries

4 cups sugar

Let stand overnight. Next day bring to boil slowly; stir carefully to avoid burning or mashing berries. Boil 8 minutes. Add $\frac{1}{2}$ cup lemon juice, 2 tbs. Certo. Boil $1\frac{1}{2}$ minutes. Remove from fire, add 1 tbs. red coloring; skim well. Let stand overnight, stirring occasionally. Seal in sterile jars.

STRAWBERRY PRESERVES

4 cups strawberries

1 tbs. cream of tartar

4 cups sugar

1 tbs. lemon juice

Cook berries, sugar, and cream of tartar over a low heat, stirring carefully to avoid burning or mashing berries, until sugar is dissolved. Boil 15 minutes without stirring. Add lemon juice and boil 3 minutes longer. Remove from fire, skim well, and let stand overnight. Pour in sterilized jars, paraffin and seal.

SPICED APPLES

(To serve with Poultry or Pork)

4 tart apples

$\frac{1}{4}$ tsp. cloves

2 cups cider or water and

$\frac{1}{4}$ tsp. ginger (optional)

vinegar

$\frac{1}{4}$ tsp. nutmeg (optional)

Few drops red fruit coloring

$\frac{1}{2}$ cup sugar

$1\frac{1}{2}$ cups sugar

$1\frac{1}{2}$ tbs. lemon juice

$\frac{1}{2}$ tsp. cinnamon

Boil liquid and spices 10 minutes with $1\frac{1}{2}$ cups sugar, then add apples a few at a time and cook until tender. Remove apples and add $\frac{1}{2}$ cup of sugar and cook until thick taking care not to burn.

Remove from heat, add lemon juice and pour over apples.

PICKLED BEETS

- | | |
|----------------|-------------------------|
| 2 cups sugar | 1 lemon (thinly sliced) |
| 2 cups water | 1 tsp. cloves |
| 2 cups vinegar | 1 tsp. allspice |

Bring to a boil, 10 minutes. Add prepared beets and let it come to a boil. Fill bottles and seal.

PICKLED CANNED PEACHES

- | | |
|-------------------------------------|---------------------------|
| 1 No. 2½ can, or 1 qt. peach halves | ½ cup vinegar |
| Whole cloves | 1 to 3 sticks of cinnamon |
| | ½ cup granulated sugar |

1 cup peach syrup from can

Stud each drained peach half with 3 or 4 cloves. Simmer with other ingredients for 3 or 4 minutes. Cool, store in syrup, covered in refrigerator.

BEEF & HORSE RADISH RELISH

- | | |
|-------------------------|---------------------------|
| 1 No. 2 can beets | ½ cup bottled horseradish |
| 1 tbs. granulated sugar | ½ cup vinegar |
| 2 tsp. salt | ½ cup canned beet juice |
| ⅛ tsp. pepper | |

Drain beets, reserving about ½ cup liquid. Cut beets in small dice, add seasoning—horseradish and vinegar. Add enough beet juice to cover beet mixture. Chill overnight. Serve on meat or fish. Serves 6.

RAW CRANBERRY RELISH

- | | |
|---------------------------|-------------|
| 1 lb. cranberries, ground | 1 lb. sugar |
| 1 orange, ground | |
- Mix well and pack in jars.

RAW PEPPER HASH (Green)

- | | |
|-------------------------|---------------------|
| 6 red peppers (1 lb.) | 2 cups sugar |
| 6 green peppers (1 lb.) | 2 tbs. mustard seed |
| 1 medium size cabbage | 2 tbs. celery seed |

Enough vinegar to cover (1 cup) Salt to taste

Grind peppers and cabbage—drain. Add salt and vinegar, mustard and celery seed. Let stand overnight.

RELISH

- | | |
|----------------------|--------------------------------|
| 1 pt. sweet apples | 6 qts. of cabbage, all chopped |
| 1 pt. green peppers | fine |
| 1 pt. green tomatoes | $\frac{1}{2}$ tsp. horseradish |
| | Salt and other spices to taste |

Put all in a stone jar, put weight on it and let sour like kraut. To put up in this manner is more healthful than with vinegar. Ready to eat in 9 days if the weather is not too cold.

CRANBERRY VEGETABLE RELISH

- | | |
|-------------------------------|--------------------------------|
| 4 cups fresh cranberries | $\frac{1}{2}$ cup diced celery |
| 2 apples, pared and quartered | $1\frac{1}{2}$ cups sugar |
| 1 lemon, quartered | $\frac{1}{4}$ tsp. salt |
| 2 carrots, pared | |

Put cranberries, apples, lemon and carrots through food chopper. Add remaining ingredients. Chill to serve. This makes $1\frac{1}{4}$ quarts relish. For salad, mold cranberry-vegetable relish in prepared lemon-flavored gelatine in shallow pan. When firm, cut in squares. Serve on crisp lettuce.

PICKLE RELISH

- | | |
|---|-------------------------------|
| 2 heads of cabbage | 12 onions |
| 8 green peppers or pimientos | 10 carrots |
| Grind and mix well with $\frac{1}{2}$ cup salt and let drain 2 hours or more: | |
| 3 pints vinegar | 1 tbs. celery seed and one of |
| 6 cups of sugar | mustard seed |
| Mix well. Put in cans and seal. | |

ALASKA RHUBARB AND ONION RELISH

- | | |
|--|------------------------------------|
| $1\frac{1}{2}$ qts. of chopped rhubarb | 1 tsp. ground cloves |
| $1\frac{1}{2}$ qts. of chopped onion | 1 tsp. ground allspice |
| 1 pint vinegar | 1 tsp. ground cinnamon |
| 1 tbs. salt | 1 tsp. red pepper if hot relish is |
| 1 lb. brown sugar | desired |

Combine all the ingredients and boil slowly until quite thick. Seal in sterilized jars.

CRANBERRY APPLE and ORANGE RELISH

1 lb. cranberries

1 large orange

2 large apples

2 cups sugar

Put raw cranberries with peeled apple through the grinder. Add orange rind with white cut off. Add pulp with seeds removed. Add sugar and mix.

WINTER-MADE CHILI SAUCE

1 large can solid pack tomatoes

1 tsp. allspice

3 or 4 medium onions, chopped
fine

1 tsp. cinnamon

1 tsp. cloves

1 apple, diced

$\frac{1}{2}$ tsp. chili powder

4 stalks celery, cut small

Dash of cayenne pepper

$\frac{1}{2}$ cup seedless raisins

$\frac{1}{2}$ cup brown sugar

$1\frac{1}{2}$ tsp. salt

$1\frac{1}{2}$ cupfuls vinegar

$\frac{1}{4}$ tsp. pepper

Combine all these ingredients in a large kettle, and simmer slowly about an hour and a half, or until of the consistency you like. Stir often to prevent burning.

RHUBARB CHUTNEY

1 qt. rhubarb

$1\frac{1}{2}$ tsp. cloves

1 qt. onions

$1\frac{1}{2}$ tsp. allspice

1 lb. brown sugar

$\frac{3}{4}$ tsp. salt

$1\frac{1}{2}$ tsp. cinnamon

1 pt. vinegar

Chop up fine and boil until all are soft.

CRANBERRY KETCHUP

4 cups berry pulp

2 cups sugar

1 tsp. cinnamon

$\frac{1}{2}$ tsp. salt

1 tsp. cloves

1 cup vinegar

1 tsp. allspice

Dash of cayenne

1 tsp. pepper

Combine ingredients and boil rapidly until thickened. Pour into glasses and seal with paraffin.

SWEET DILL PICKLES

Cut into chunks 3 qts. dill pickles, add 1 tin of pimientos cut up.
Simmer for 20 minutes in the following mixture:

1 cup vinegar

3 cups sugar

Seal. Ready to eat in 24 hours.

SALADS and DRESSINGS

(Original)

APPLE SURPRISE MOLD

Make one package cherry jello and pour thin layer in mold. Let congeal and add the following mixture when it is cool:

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|-------------------------------------|-----------------------------|
| 2½ cups apple sauce (not too thick) | ¼ cup sugar |
| 1 tbs. plain unflavored gelatin | 3 tbs. red cinnamon candies |
| 2 tbs. cold water | ¼ tbs. nutmeg |
| | 1 tbs. lemon juice |

Bring apple sauce, candies and sugar to the boiling point. Remove from heat and add gelatine which has been softened in cold water. Add nutmeg and lemon juice and stir until gelatin is dissolved. Pour into mold and chill.

This makes a very pretty Christmas salad when using a star mold and can be made in individual molds as well.

AVOCADO SALAD

- | | |
|-----------------------------|----------------------|
| 1 pkg. lime jello | 1 tbs. onion juice |
| 1 cup boiling water | ½ tsp. salt |
| 1 cup sliced avocado | 1 tbs. lemon juice |
| ½ cup chopped celery | 2 tbs. mayonnaise |
| 1 tbs. chopped green pepper | ½ cup whipping cream |

Dissolve jello in boiling water, and when cool and begins to set, add other ingredients and whipped cream. Turn into molds and serve on lettuce with additional mayonnaise.

CRANBERRY SALAD

Grind 2 cups of cranberries and let stand with one cup of sugar. Make 1 pkg. lemon jello with just one cup of water. Add to jello:

- | | |
|------------------------------------|--|
| 1 orange - juice and rind (ground) | 2 cups finely chopped celery |
| 1 can drained pineapple (crushed) | ½ lb. white or red grapes seeded and cut into pieces |
| | 1 cup walnuts |

Add cranberries and chill.

Very good as a main salad course with mayonnaise and sandwich.



KODAKROME BY ROBINSON STUDIOS

A Garden in Anchorage

FALCON'S NEST SALAD

Dissolve one package of lemon and one package of lime jello in two cups of hot water and cool. Add $1\frac{3}{4}$ cups of crushed pineapple, two tablespoons of lemon juice, two teaspoons of horseradish, and one cup of whipped can milk. Chill until thick and syrupy. Add one cup of any tart salad dressing, one cup of nuts. Fold in $\frac{1}{2}$ lb. cottage cheese and mold. Serves 20.

CRANBERRY SALAD

1 lb. cranberries	$\frac{1}{2}$ cup walnut kernels
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup celery, diced
$\frac{1}{2}$ cup water	Juice of $\frac{1}{2}$ lemon
1 tbs. granulated gelatine	Few grains of salt
2 tbs. cold water	

Wash and pick over the cranberries, add water and cook until they burst, but no longer. Add sugar and stir until dissolved. Soak the gelatine in cold water for five minutes add to the hot cranberries and stir until dissolved. When almost cool add the walnuts, celery, lemon juice, and salt and pour into a flat pan or individual molds. When cold and stiff cut into squares or turn out of the molds, and serve on lettuce with mayonnaise or boiled dressing mixed with whipped cream.

CRAB SALAD

2 tbs. gelatine	2 cups flaked crab
$\frac{1}{2}$ cup cold water	$\frac{3}{4}$ cup minced celery
1 cup chili sauce	2 sweet gherkins minced
1 cup mayonnaise	$\frac{1}{2}$ cup grated cheese
1 cup cream	

Put chili sauce in double boiler and when hot add gelatine that has been soaked in water. Let cool and add remaining ingredients. Pour in individual molds. Serve on lettuce with cheese dressing. Serves 8.

Cheese Dressing:

1 pkg. cream cheese (or glass of soft American cheese)	$\frac{1}{2}$ cup mayonnaise
	$\frac{1}{4}$ cup chopped nuts
$\frac{1}{2}$ cup whipped cream	

GARLIC BREAD SALAD

- | | |
|--|------------------------------|
| 2 slices of very dry bread,
cut an inch thick | 2 cold hard-boiled eggs |
| 2 cloves of garlic | Half a head of crisp lettuce |
| | French dressing |

Remove crusts and rub both sides of the bread thoroughly with the garlic, so that it absorbs most of the juice. Dice the bread fairly fine, shread the lettuce, and chop the eggs. Toss all ingredients lightly in a bowl with enough sharp French dressing to dampen but not soak the mixture. Serve at once.

DINNER SALAD

- | | |
|-------------------|---------------------------------------|
| 1 head of lettuce | 1 can drained asparagus |
| 1 can tuna | $\frac{1}{2}$ cup seasoned mayonnaise |
| 1 small onion | Salt and pepper to taste |
| 4 tomatoes | |

Spread lettuce, add flaked tuna, sliced eggs and minced onion. Toss lightly with seasoning and chill. Slice a tomato to each dinner plate. Mix lettuce with $\frac{1}{4}$ cup of dressing - arrange on each plate. Top this with equal amount of asparagus. Garnish with remaining dressing.

Dressing:

- | | |
|------------------------------|--------------------------|
| $\frac{1}{2}$ cup mayonnaise | $\frac{1}{4}$ cup catsup |
| Mix well. | |

FROZEN FRUIT SALAD

Soak for five minutes:

- | | |
|-------------------------------|------------------------------|
| 1 tbs. gelatin | $\frac{1}{4}$ cup cold water |
| (Dissolve over boiling water) | |

Combine:

- | | |
|-----------------------|-------------------------|
| 1 cup diced pineapple | 2 bannanas |
| 1 cup diced apricots | 3 tbs. lemon juice |
| 1 cup diced peaches | $\frac{1}{2}$ cup sugar |

Add dissolved gelatin to above ingredients and chill. As mixture congeals add:

- | | |
|------------------|---------------------|
| 1 cup mayonnaise | 1 cup whipped cream |
|------------------|---------------------|

Turn into refrigerator tray and freeze for several hours. Cut in squares and serve on lettuce leaves with or without dressing.

COLE SLAW

- | | |
|-------------------------|---------------------------|
| 2 cups chopped cabbage | 2 hard boiled eggs sliced |
| 1 cup chopped celery | 1 cup cole slaw dressing |
| 2 tbls. chopped parsley | 2 chopped pimentoes |

Toss ingredients together with cole slaw dressing and garnish with slices of hard boiled eggs and parsley.

GRAPE AND CABBAGE SALAD

With Piquant Dressing

- | | |
|---|----------------|
| 2 eggs well beaten (salt and pepper to taste) | |
| $\frac{1}{4}$ tsp. dry mustard | 3 tbls. sugar |
| Combine in top of double boiler | |
| $\frac{1}{2}$ cup orange juice | 2 tbls. butter |

Beat and pour over eggs

Return to heat and cook 5 minutes. Add $\frac{1}{4}$ cup cream. Stir until smooth. While hot, pour over:

- 4 cups shredded cabbage (cool)

Then add:

- | | |
|---------------|------------------------|
| 2 cups grapes | $\frac{1}{4}$ cup nuts |
|---------------|------------------------|

Toss together to mix well - garnish with thin slices of unpeeled orange. Serves 8.

LUNCHEON SALAD

All or any combination of the following:

Lettuce or Endive - broken in pieces, tomatoes cut in wedges, green onions, diced cucumber, sliced stuffed olives, hard boiled eggs in wedges. Arrange in bowl or individual plates. Cut ham or any of the pressed luncheon meats and cheese in julienne strips and arrange in piles on top of vegetables. Pass French and Mayonnaise dressings separately.

MACARONI SALAD

- | | |
|--------------------------------|--|
| 1 cup tender macaroni | Green pepper |
| 1 cup mayonnaise | 1 cup minced ham may be added |
| 1 cup celery (onions optional) | |
| 1 cup apples cubed | $\frac{1}{2}$ cup snappy cheese grated |
| 2 hard boiled eggs | |

LIME JELLO WITH PINEAPPLE

Combine:

2 cups crushed pineapple Juice of one lemon

$\frac{3}{4}$ cup sugar, scant

Put on stove and heat until sugar is melted.

Then add:

1 pkg. lime jello dissolved in

$\frac{1}{2}$ cup cold water

When this mixture is almost set, add:

$\frac{2}{3}$ cup grated cheese 2 tbs. chopped celery

$\frac{1}{2}$ pt. whipped cream 2 tbs. green pepper

1 cup mayonnaise 3 drops onion juice

Place in molds and put into frigidaire to set.

PINEAPPLE AND CABBAGE SLAW

1 small green pepper 2 cups shredded pineapple

4 cups shredded cabbage (drained)

3 or 4 stalks celery

Mix well and add:

1 cup heavy cream (whipped)

Add slowly to cream

6 tbs. vinegar $\frac{1}{8}$ tsp. pepper

$\frac{3}{4}$ tsp. salt

Serves six.

SHRIMP SALAD

2 cans of shrimp

1 bunch celery hearts

2 hard boiled eggs

Dressing:

1 cup mayonnaise

2 drops almond flavoring

$\frac{1}{2}$ cup chili sauce

2 drops lemon flavoring

Juice of two lemons

Dash of Tabasco

Clean shrimp and cover with water and lemon juice, let stand for two hours and drain. Add chopped eggs and celery and mix with the mayonnaise dressing. Serve on lettuce with olives.

Variation - Use Chicken.

POTATO SALAD

- | | |
|----------------------------|------------------------------|
| 4 medium boiled potatoes | 1/4 tsp. mustard |
| 2 hard cooked eggs | 1/2 tsp. celery salt or seed |
| 3 or 4 large sticks celery | 1/2 tsp. salt |
| 1 small or medium onion | 1 to 2 cups mayonnaise |

In bowl previously rubbed with the freshly cut face of a garlic clove—dice potatoes, eggs, and celery. Mince onion and add condiments and mayonnaise. Mix thoroughly. Set salad in cool place to marinate for at least 1/2 hour before serving.

In season, red radishes, green peppers or tomatoes may be added.

HOT POTATO SALAD

- | | |
|------------------------------|------------------------------|
| Hard-boiled eggs | 4 tbs. salad dressing |
| 1/2 cup crumbled cheese | 4 strips sliced bacon, diced |
| 2 tbs. minced onion | Sliced, stuffed olives |
| 2 cups cooked diced potatoes | Salt to taste |

Combine eggs, cheese, onion, and potatoes, sprinkle with salt and dressing. Place in greased baking dish, arrange olives and bacon over top. Bake in hot oven (400 degrees) 20 minutes.

ROLLED POTATO SALAD

- | | |
|--|----------------------------|
| 1 1/2 lbs. potatoes boiled and peeled | 3/4 cup diced celery |
| 3/4 cup sweet pickles or relish | 2 hard cooked eggs (diced) |
| 3/4 to 1 cup salad dressing with one teaspoon prepared mustard | 1/2 green pepper (diced) |
| | 1/2 cup apple (diced) |
| | Salt and pepper |
| | Cloth 18 by 12 |

While potatoes are cooking, prepare all diced ingredients and dressing.

Work quickly and mash potatoes to creamy consistency by adding cream or milk. Wring cloth out of cold water and spread flat on work surface. Spread with hot potatoes and sprinkle with mixed diced ingredients - then spread with a good coat of salad dressing. To roll - lift the edge of damp cloth forcing hot potatoes into a roll onto a platter. Let stand in refrigerator until cold, then slice in wheels and serve on lettuce.

TOMATO SURPRISE SALAD

- | | |
|--|--------------------------------------|
| 6 large tomatoes - scald, peel and chill | $\frac{1}{2}$ tbls. grated onion |
| $\frac{1}{2}$ avacado diced (optional) | $\frac{1}{2}$ tsp. salt |
| 1 cup diced chicken (or tuna) | $\frac{1}{2}$ tsp. pepper |
| $\frac{1}{2}$ cup chopped walnuts | Dash of garlic powder or, |
| 1 cup chopped celery | $\frac{1}{2}$ grated clove of garlic |
| | Mayonnaise |

Scoop out inside of tomatoes. Chill all ingredients and just before ready to serve, mix remaining ingredients with mayonnaise. Fill tomatoes and arrange on lettuce leaves and garnish each tomato with mayonnaise and halves of shelled walnuts.

TUNA FISH SALAD

- | | |
|-------------------------------|------------------------------|
| 1 can chicken soup (strained) | $\frac{1}{2}$ cup mayonnaise |
| $\frac{3}{4}$ can water | 1 pimento |
| 1 envelope of gelatine | 3 hard boiled eggs - diced |
| $\frac{1}{4}$ cup water | Stuffed olives, sliced |
| 1 medium can tuna fish | 2 tbls. lemon juice |

Heat chicken soup and water, add gelatine that has been soaked in $\frac{1}{4}$ cup water. When cool add rest of ingredients. Pour in molds and serve on crisp lettuce, with mayonnaise. Serves 8.

TURNIP SLAW

To 4 cups grated Alaska turnips, add:

- | | |
|------------------|-----------------|
| 1 cup sour cream | 1 tbls. vinegar |
| 1 tbls. sugar | 1 tsp. salt |

COLE SLAW SALAD DRESSING

- | | |
|----------------------------|----------------------------|
| $\frac{1}{4}$ cup butter | 1 cup mild vinegar |
| 1 egg | $\frac{1}{8}$ tsp. salt |
| 2 tbls. sugar | $\frac{1}{8}$ tsp. paprika |
| $\frac{1}{4}$ tsp. mustard | |

Cream butter and sugar. Add seasoning and beaten yolk of egg. Add gradually the hot vinegar, beating constantly. Cook over hot water until mixture thickens. Let cool and fold in beaten egg whites. Ready for use.

BOILED SALAD DRESSING

1/2 cup vinegar

1/2 cup water

These proportions of vinegar and water can be adjusted to taste. If you like a more snappy dressing, add more vinegar - but keep the final amount to 1 cup

1/2 cup sugar

1 egg

4 level tbs. flour

Salt

2 tsp. of mustard

Put the vinegar and water into the top of double boiler to be heating while you mix the sugar, flour and mustard together. Pour the hot liquid into the dry ingredients, stirring meanwhile. Return the entire mixture to the top of double boiler, add the egg and beat all with a Dover beater until smooth. Add salt. After it thickens, as you stir, remove from fire and beat again to get a smooth texture. Thin to desired consistency with condensed milk, sour cream or whipped cream. (Sour cream is best if you can get it.)

FAMOUS FRENCH DRESSING

1 cup oil

1 tsp. celery seed

1/2 cup vinegar

1 tsp. paprika

3/4 cup sugar (scant)

1 tbs. grated onion

1 tsp. salt

1/4 cup catsup

1 tsp. dry mustard

1 clove of garlic cut in half - place in jar, mix dry ingredients, add slowly to oil. Shake well.

FRENCH DRESSING

1 can condensed tomato soup

1 tsp. salt (scant)

2/3 cup tarragon vinegar

1/2 tsp. paprika

2/3 cup sugar

1 tsp. prepared mustard

1/2 tsp. white pepper

1 tsp. onion juice

1 1/2 tbs. Worcestershire sauce

2 tsp. celery seed

1 cup salad oil

Place all ingredients in a quart jar and shake until well blended. Makes 1 quart and will last indefinitely.

If garlic flavor is desired, a clove of garlic may be soaked in the salad oil prior to making your dressing. I have also substituted wine vinegar instead of tarragon and it is very good.

FRENCH SALAD DRESSING

- | | |
|---------------------|-------------------------|
| 2 tbsl. onion juice | 1 tsp. mustard (dry) |
| 1 tsp. salt | $\frac{1}{2}$ cup sugar |
| 1 tsp. paprika | 4 tsp. vinegar |
| 1 tsp. celery seed | 1 cup Wesson oil |

Mix the six ingredients - add vinegar and oil alternately, stirring.

FLUFFY CHEESE DRESSING

- | | |
|-----------------------|---------------------|
| 2 cups cottage cheese | 2 tbsl. lemon juice |
| 2 tbsl. orange juice | 1 tsp. sugar |

Drain and beat cottage cheese with electric beater till thick and fluffy. Add remaining ingredients beating until consistency of whipped cream. Add salt. Chill. Serve on fruit salad.

REFRIGERATOR FRENCH DRESSING

Boil $\frac{7}{8}$ cup sugar - 1 cup water to soft ball stage - let cool.

Grate medium onion - clove of garlic. Soak in 2 tsp. cider vinegar.

$\frac{1}{2}$ cup lemon juice. Drain - discard onion and garlic. Add 1 tsp. each salt, paprika, celery salt, dry mustard. $\frac{1}{2}$ cup catsup - 1 cup salad oil. Mix well. When syrup is cool beat it into above mixture with rotary beater. Makes $1\frac{1}{2}$ pints.

FRUIT SALAD DRESSING

- | | |
|-------------------------|------------------------------|
| 2 eggs beaten | 2 tbsl. flour |
| $\frac{2}{3}$ cup sugar | Juice of one orange |
| Juice of one lemon | 1 cup canned pineapple juice |

Combine all ingredients and cook in top of double boiler - stirring constantly until thick. Cool and add $\frac{1}{2}$ cup of whipped cream.

LEMON PINEAPPLE DRESSING

- | | |
|-----------------------------------|-------------------------------|
| $\frac{1}{4}$ cup pineapple juice | $\frac{1}{4}$ cup lemon juice |
| $\frac{1}{4}$ cup sugar | 2 eggs |

Combine fruit juices and sugar, bring to a boil, then cool slightly and pour on the beaten eggs, beating constantly. Cook mixture over boiling water until thick, stirring constantly. Combine with one cup of whipped cream when ready to use or less cream if a tart salad is desired.

MAYONNAISE

- | | |
|------------------|--------------------------------|
| 2 egg yolks | $\frac{3}{4}$ tsp. salt |
| 2 cups salad oil | $\frac{3}{4}$ tsp. dry mustard |
| 1 tsp. sugar | 3 tbs. vinegar |

Beat egg yolks to a lemon color, slowly add 1 cup oil, the sugar, salt, mustard, and vinegar, then add the one remaining cup of oil and beat for 2 minutes.

BOILED MAYONNAISE

Sift together:

- | | |
|-------------------------------|--------------------------------|
| $\frac{1}{3}$ cup white sugar | $\frac{1}{2}$ tsp. dry mustard |
| 1 tsp. salt | 2 heaping tsp. flour |

Thoroughly beat 2 eggs - add the above and beat well - add $\frac{1}{2}$ cup sweet milk and beat well - add slowly 1 cup weak vinegar ($\frac{1}{2}$ vinegar and $\frac{1}{2}$ water). Cook in double boiler until thick - beat with egg beaten until smooth.

When cool add juice of $\frac{1}{2}$ lemon.

EVAPORATED MILK MAYONNAISE

1 can evaporated milk, salt, pepper, or any other seasoning desired. Sugar, enough salad oil to completely cover the preceding ingredients in the bowl. Beat until it thickens, then add vinegar and beat until it is the desired thickness. The amount of sugar, as well as the amount of vinegar may be varied according to taste or for what the dressing is to be used with.

1000 ISLAND SALAD DRESSING

- | | |
|------------------------|----------------------------|
| 1 cup whipped cream | $\frac{1}{2}$ tsp. paprika |
| 2 tbs. sugar (heaping) | $\frac{1}{2}$ tsp. mustard |
| 1 tsp. salt | |

Beat well and add alternately 3 tbs. of vinegar and $\frac{1}{2}$ cup Mazola oil. Put the following through the food grinder and add to the above mixture.

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|--------------------|--|
| 2 red pimentos | $\frac{1}{2}$ green pepper |
| 3 hard boiled eggs | $\frac{1}{2}$ bottle chili sauce or catsup |
| 2 small onions | |

Serve over wedges of crisp head lettuce.

EXCELLENT MAYONNAISE

Put the following ingredients into a bowl but do not stir or mix together:

1 egg	3 tbs. vinegar
2 tsp. sugar	1¼ cups salad oil
1½ tsp. salt	½ tsp. dry mustard
⅛ tsp. paprika	

In a saucepan mix 4 tbs. of corn starch mixed with 1 cup water and cook over low heat, stirring constantly until it boils up and becomes smooth and clear. Turn this hot paste all at once into the egg and oil mixture in bowl and beat hard with rotary egg beater until smooth and thick.

MOCK THOUSAND ISLAND DRESSING

½ cup Mayonnaise	¼ cup sweet pickle relish or
3 tbs. catsup or chili sauce	minced sweet pickle

Mix well and serve on head lettuce. This is a "quickie" and adds a festive touch for unexpected guests. Makes four generous servings.

TOMATO CHEESE DRESSING (1 pt.)

Mash 1 3-oz. pkg. cream cheese. Add 2 tsp. lemon juice.

½ tsp. salt	½ cup condensed tomato puree
¾ cup mayonnaise	

SAUCES (Original)

BARBECUE SAUCE

1 tbls. butter	1 tsp. mustard
1/2 cup chopped onion	4 tsp. Worcestershire sauce
1 tsp. paprika	1/3 cup catsup
1/2 tsp. pepper	3 tbls. vinegar
4 tsp. sugar	

Mix all ingredients in a pan and simmer about 10 minutes.

TEXAS BARBECUE SAUCE

1 can tomato paste	1 cup water
1 large onion	1 tbls. tabasco sauce
1 clove garlic	1 tbls. Worcestershire sauce
1/3 green pepper	Juice of one lemon
1 tbls. sugar	1 heaping tbls. chili powder
	Salt and pepper to taste

Cook onions and green pepper in butter 10 minutes, then add tomato paste, chopped garlic clove, sugar, salt and pepper, tabasco sauce, worcestershire sauce, lemon juice, chili powder and water. Simmer 1/2 hour.

Enough sauce for about 2 1/2 pounds of spareribs, which are basted in a low oven (325 degrees) for about 2 hours.

DRAWN BUTTER SAUCE (With vegetables or fish)

3 1/2 tbls. butter	1 cup hot water
2 tbls. flour	1/2 tsp. salt
1 tbls. lemon juice	Few grains pepper

Melt butter, add flour and seasonings and stir to smooth paste. Cook until it bubbles, stirring constantly. Remove from fire and add water slowly while stirring. Cook until it boils, stirring constantly. Boil 2 minutes. Add lemon juice and serve hot with vegetables or fish. Note: If the sauce is to be served with vegetables, a cup of vegetable or meat stock may be used instead of hot water. Serves 6.

CAPER SAUCE (With fish or mutton)

To drawn butter sauce add $\frac{1}{2}$ cup capers, drained from their liquor. Delicious and different. Serves 6 to 8.

EASY HOLLANDAISE SAUCE ($1\frac{1}{4}$ cupfuls)

Soften 2 tablespoons butter; add and beat well 3 egg yolks. Add 1 teaspoon cornstarch and $1\frac{1}{2}$ teaspoons lemon juice. Just before serving the sauce add very, very slowly cup boiling water. Hold the pan over boiling water, or high over a low flame, and stir the sauce until it thickens. Add $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon paprika.

COCKTAIL SAUCE

$\frac{1}{2}$ cup chopped celery 1 tsp. Worcestershire sauce
 $\frac{1}{2}$ cup green pepper 1 small bottle catsup
Salt and pepper. Add 1 teaspoon mayonnaise for each serving to cocktail sauce. Can be used with crab, shrimp or minced clams.

SAUCE FOR LEG OF LAMB

1 tsp. salt 1 tsp. dry mustard
 $1\frac{1}{2}$ tbs. vinegar 6 tbs. vegetable oil
 $\frac{1}{2}$ tsp. sugar Garlic salt to suit taste
Brush well over meat before putting into oven.

EGG SAUCE FOR FISH

Blend in top of double boiler:

2 tbs. of butter 4 level tbs. flour
Add:
2 cups of milk $\frac{1}{2}$ tsp. dried sweet basil
 ($\frac{2}{3}$ evaporated milk (rub leaves between palms of
 ($\frac{1}{3}$ water hand)
 $\frac{1}{2}$ tsp. salt
Add:
3 hard boiled eggs thinly sliced
Use over any kind of baked or boiled fish.

CHEESE SAUCE

(About 2 cupfuls)

Melt in sauce pan 2 tablespoons butter; stir in until blended 2 tablespoons flour. Stir in slowly $1\frac{1}{2}$ cups milk. When the sauce is smooth and boiling, reduce heat and add 1 cup or less mild cheese, grated or diced. Season with $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprika, a few grains cayenne and $\frac{1}{2}$ teaspoon dry mustard (optional). Stir the sauce until the cheese is melted. Dice processed cheese; grate other cheese.

DELICIOUS SAUCE FOR LAMB

Combine:

1 cup sour cream	1 tbls. parsley, chopped fine
$\frac{1}{2}$ cup mayonnaise	1 tbls. chives or green onion
1 tbls. grated onion	tops

Spread on cold sliced lamb.

SEAFOOD COCKTAIL SAUCE

1 bottle catsup	$\frac{1}{2}$ tsp. Lea and Perrins
10 tbls. lemon juice	Salt to taste
1 tsp. horseradish	1 tbls. celery chopped fine

This makes two cups of liquid and can be used for shrimp, crab or oyster cocktail. Serves 10.

MEAT SAUCE FOR SPAGHETTI, RICE, NOODLES, ETC.

2 onions	1 pinch ginger
2 tbls. olive oil	$\frac{1}{2}$ pinch curry powder
2 tbls. butter	Few grains cayenne
1 lb. finely ground veal	1 bay leaf
4 cloves garlic	1 pint can tomato puree
1 tbls. salt	1 small can tomato paste
1 pinch pepper	$\frac{1}{2}$ pint boiling water

Chop onions fine and fry to a golden brown in the olive oil and butter. Add veal and fry for 15 minutes; add garlic, salt and pepper, ginger, curry powder, cayenne, bay leaf, tomato puree, tomato paste and boiling water. Let simmer in covered pan for $1\frac{1}{2}$ hours.

SAUCE FOR WILTED LETTUCE

$\frac{1}{2}$ cup sugar
3 eggs beaten stiff
1 tsp. salt
Pinch of mustard
Fry 10 strips diced bacon, pour off most of the fat and add 1 cup vinegar. Add egg mixture and cook slowly to keep from curdling.

CLIFF HOUSE SAUCE FOR STEAKS

Cream: 4 tbs. butter

Add:

1 tsp. prepared mustard
1 tsp. worcestershire sauce
1 tsp. minced garlic
Pour over broiled steaks.

TARTAR SAUCE (Serve with fish)

$\frac{3}{4}$ cup mayonnaise
 $\frac{1}{2}$ tbs. ripe olives
 $\frac{1}{2}$ tbs. capers
 $\frac{1}{2}$ tbs. sweet pickles
 $\frac{1}{2}$ tbs. parsley

Finely chop or mince olives, capers, pickles and parsley. Combine mayonnaise with other ingredients just before serving. Note: $\frac{1}{2}$ tbs. minced chives makes a pleasing addition, or substituted for capers, if the latter are unobtainable. Serves 4 to 6.

TOMATO TARTAR SAUCE

1 tbs. minced onion
3 tbs. fat
3 tbs. flour
2 cups canned tomatoes
2 tbs. chopped pickles
2 tbs. minced parsley
1 tbs. capers
Salt and pepper to taste
Tomato sauce or 1 cup canned condensed tomato soup diluted with 1 cup water.
Cook onion in fat until tender, add flour and stir until bubbling. Then add tomato sauce, a diluted soup. When smooth, add the pickles, parsley, capers, salt and pepper. Serves 6.

THIN WHITE SAUCE

2 tbs. butter
 $1\frac{1}{2}$ tbs. flour
1 cup milk
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
 $\frac{1}{8}$ tsp. paprika
Scald milk. Melt butter in pan. Remove from stove and mix with

flour, cook until mixture bubbles. Add $\frac{2}{3}$ of the hot milk at once, the rest more gradually, let boil, stirring until the mixture thickens. Season and serve hot.

Thick White Sauce

To make thick white sauce use same recipe as above only add $\frac{1}{2}$ tablespoon more flour to mixture.

A little onion juice or grated onion adds much to the flavor of white sauce.

SPICED CARAMEL SAUCE

(Especially good on mince pie, apple roll or any steamed pudding)

1 cup sugar	6 cloves
2 cups boiling water	$\frac{1}{2}$ cup butter
1 stick cinnamon	A little salt

Brown the sugar in kettle, add boiling water (a little at a time). Stir until all sugar is dissolved, let boil 10 minutes. Then add cinnamon, cloves and butter - boil 10 minutes longer (if it isn't quite as thick as you like, thicken with a bit of corn starch dissolved in cold water).

CHOCOLATE SAUCE

Bring to the boiling point

6 tbs. hot water	1 tbs. butter
1 ounce chocolate	$\frac{1}{8}$ tsp. salt

Add:

1 cup sugar	3 tbs. corn syrup
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Boil the sauce for five minutes. Cool it slightly and add $\frac{1}{2}$ teaspoon vanilla.

FLUFFY HARD SAUCE

(About $1\frac{1}{2}$ cupfuls)

Sift 1 cup sugar; beat until soft 1 tablespoon butter. Add the sugar gradually and 1 tablespoon cream. Beat these ingredients until they are well blended. Whip until stiff 3 egg whites and $\frac{1}{2}$ teaspoon salt. Fold them into the sugar mixture. Add 2 tablespoons cream, 1 teaspoon or more of vanilla, rum or sherry. Beat the sauce well. Chill thoroughly.

STRAWBERRY HARD SAUCE

Cream together until smooth $\frac{1}{4}$ cup butter and 1 cup confectioner's sugar. Add 1 cup sliced strawberries or any kind of fruit desired.

LEMON CHEESE

Juice and rind of two lemons

4 eggs

2 cups sugar

$\frac{1}{4}$ lb. butter

Cook in double boiler until thick. Can be used as filling or on hot biscuits.

A DIFFERENT SAUCE FOR SPONGE OR LOAF CAKE

1 cup whipped cream

3 large tablespoons cocoa

$\frac{3}{4}$ cup granulated sugar

1 tsp. vanilla

Mix together, let stand one hour - Whip, serve over cake.



KODAKROME BY ROBINSON STUDIOS

Dog Team of Mrs. Rees

SOUPS

(Originals)

BORSCH

- | | |
|---------------------------------|---------------------|
| 1 cup tomatoes, fresh or canned | 1 tbls. lemon juice |
| 2 cups shredded beets | 1/4 cup sugar |
| 4 cups water, 1 small onion | 1 tsp. salt |
| 1/2 lb. lean beef | 4 eggs |

Strain tomatoes through a fine sieve over beets. Add water, onion and meat, cut into small pieces, and simmer 30 minutes. Add lemon juice, sugar and salt. Boil 30 minutes longer. Beat eggs. Add the hot borsch to them a little at a time, stirring well during each addition. Serve at once, while very hot. Serves 4.

THIFTY CHICKEN SOUP

- | | |
|-----------------------|-----------------------|
| Bones of fowl | 1 small onion, sliced |
| Leftover gravy | 1 tsp. salt |
| Cold water | 1/8 tsp. pepper |
| 1/4 cup sliced carrot | Chicken scraps, diced |
| 1/4 cup diced celery | |

Break carcass into pieces, add gravy and water to cover. Heat to boiling and simmer for 2 to 3 hours. Add carrot, celery, onion, salt and pepper and cook 1/2 hour longer. Strain and add chicken scraps. If a stronger flavored soup is desired add 1 or 2 chicken bouillon cubes. Serves 4, or more, depending on amount of leftover fowl. Add 1 cup cream or evaporated milk, after straining stock. Duck, turkey or goose may be used in the same way.

CLAM CHOWDER

- | | |
|----------------------------|----------------------------|
| 4 medium potatoes | 1 can minced clams |
| 2 or 3 strips bacon, diced | About 1 cup condensed milk |
| 1 onion, diced | |

Boil potatoes in a large kettle well covered with water. When tender, mash until lumpy. (Do not drain).

Brown bacon, add to potatoes. Brown onions in bacon grease - add both onions and grease to potatoes. Add clams and simmer for about an hour. Let cool for a short time (to prevent curdling); then add milk and salt and pepper to lot. About 4 large servings.

CORN SOUP

- | | |
|----------------------------------|---------------------|
| 1½ cups canned corn | 1 tsp. salt |
| 1 cup meat broth, or 1 cup water | ¼ tsp. sugar |
| and 2 bouillon cubes | Dash of cayenne |
| 2½ cups rich milk | ½ tsp. minced onion |
| 1½ tbs. quick-cooking tapioca | 1½ tbs. butter |

Cook corn in broth 10 minutes; force through sieve. Combine with milk, tapioca, salt, sugar, cayenne and onion in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes) and cook 5 minutes, stirring frequently. Add butter. Serves 4 to 6.

ONION CREAM SOUP

- | | |
|-------------------------------|-----------------------------|
| 2 tbs. butter | 1 can of consomme |
| 4 medium-sized onions, sliced | 1 large can evaporated milk |
| thin | Seasoning to taste |

Melt butter in a saucepan, slice onions into it and cook slowly until they are yellow and limp, but not brown. Add the consomme, undiluted, and simmer until the onions are tender, about 5 minutes. Then add the evaporated milk and seasonings to taste, heat just to boiling point and serve at once.

FRENCH ONION SOUP

- | | |
|----------------------|--------------------------------|
| ¾ lb. onions | 1½ quarts chicken broth |
| ¼ lb. butter | 6 slices French bread, toasted |
| ½ pint Sauterne wine | 1 cup grated sharp cheese |

Brown onions in butter, add wine, cook 5 minutes. Add chicken broth. Boil all ingredients for a half-hour. Pour soup in earthenware pot, casserole or into individual pots. On top place toast. Over the toast sprinkle cheese and paprika. Place the pot in hot oven until cheese has melted (about 10 minutes). Diluted canned consomme can be used instead of the chicken broth. Serves 6.

FRENCH ONION SOUP

Slice 3 large onions, add ¼ clove garlic to onions and let simmer 10 minutes with piece butter size of egg. Stir in 1 teaspoon flour and cook 5 minutes or more - do not brown. Put in 5 cups of consomme, salt and pepper to taste; boil 15 minutes. Meanwhile, crisp 4 or 5 slices of French bread in oven. When bread is brown sprinkle with melted butter and Parmesan cheese. Lay bread on top of soup and bake 10 minutes in hot oven. Serve hot.

PEA SOUP

2 qts. soft water	¼ tsp. thyme
2 cups green split peas	1 small pinch cayenne
4 branches celery	1 bayleaf
2 carrots	Salt and pepper
1 onion	

Boil all ingredients together hard for 20 minutes; then slowly until peas are done, approximately an hour and a half or more. Strain through collander. Makes 8 bowls.

THICK PEA SOUP

2 cups dried split peas	½ tsp. salt
8 cups cold water	2 tbls. melted butter or margarine
Ham bone, ham fat from baked ham	2 tbls. flour
Onion as desired	Frankfurters (allow two per person)
Celery leaves and trimmings equal to 3 or 4 large stalks	

Soak the peas overnight in water. In the morning drain, add the 8 cup water, ham, onion, celery, etc. When peas have cooked to a pulp run through coarse sieve. Skim off surplus fat. Blend flour and butter, add to soup mixture with the cut up frankfurters. Simmer until thick and smooth. Serve with rye bread or Vienna melba toast. Serves 6.

OLD-FASHIONED VEGETABLE SOUP

2 lbs. shin of beef with meat	1 small onion, diced
¼ lb. beef liver, diced	2 sprigs parsley, chopped
2 qts. cold water	½ cup peas
2 tsp. salt	½ cup diced potatoes
½ cup shredded cabbage	¼ lb. spinach, chopped
½ cup diced carrots	1 cup tomatoes
½ cup diced celery root	½ cup diced turnip
2 tbls. green pepper	

Wash meat in running water and cut into small pieces. Add liver and water, heat to boiling and simmer 3 hours or until meat is tender. Add remaining ingredients and cook 1 hour longer or until vegetables are tender. Remove bone. Cool. Remove fat. Reheat and serve for 6.

OLD-FASHIONED POTATO SOUP

8 potatoes, cubed	$\frac{1}{2}$ cup flour
1 quart milk	1 egg, well beaten
Salt and pepper	$\frac{1}{4}$ cup milk
1 tbls. butter	

Boil potatoes until soft. Drain. Add milk and beat thoroughly, season to taste. Work butter into flour and add egg and milk. Drop by teaspoonfuls into hot milk. Cover saucepan and cook about 10 minutes. Serve at once. Serves 4.

HEALTH SOUPS

SOURDOCK SOUP

Gather only the small, tender sourdock leaves. (This may be raised in the garden also—under cultivation, called "sorrel").

Cook sourdock until soft. Saute medium sized onion in butter and parsley, chop sourdock in small pieces, add to onion, and add enough water for the amount of soup you wish. (Milk may be used instead of water). Let cook for a few minutes. A little while before serving add one bouillon cube for each serving and about a teaspoon full of minute tapioca. When ready to serve, beat an egg, pour soup mixture over egg, then serve. Season to suit while cooking.

Note: Lettuce or chard make an excellent substitute for sourdock, but lack the sharp, distinct taste.

SPLIT PEA SOUP

(Lentil soup can be made the same way)

Soak green split peas overnight. Cook with plenty of water, some chopped parsley, chopped onion and celery or celery leaves, or garlic (any or all of these ingredients as you prefer). Cook about $1\frac{1}{2}$ hours. Add meat stock or bouillon cubes. Milk may be added if you wish, also. If you wish you may strain or serve as cooked. At the last minute, add sliced hot dogs.

ONION SOUP

Chop a large onion in small squares. Brown in butter, add water or meat stock if you have it. Add one bouillon cube for each serving. Season to taste. Cook about 20 minutes or until onion is ten-

der. Brown some flour in oven (keep stirring occasionally to keep from burning). This keeps indefinitely so you can brown more than you need and keep in a jar. Dissolve flour in water (as for gravy) about a tablespoon to a cup of soup. Shortly before serving add $\frac{1}{2}$ to 1 cup of grated cheese (depending upon how much you like the flavor) but do not stir into soup. Before serving, beat egg and pour soup over egg.

Note: You may use milk in this soup if you prefer.

TOASTED OATMEAL SOUP

Brown rolled oats in butter (about a tablespoon to a person). Keep stirring to keep from burning, but toast a good brown. Add water (or half milk if preferred) and cook for twenty minutes to half an hour. Add bouillon cubes (one for each person), pour over beaten egg and serve. Note: Cream of wheat or farina may be used instead of oatmeal.

TAPIOCA SOUP

1 teaspoon of minute tapioca for each serving. Add to meat stock or water with one bouillon cube per person. Cook about seven minutes. Add to beaten egg and serve.

BARLEY SOUP

Soak barley for a couple of hours. Put on stove and let come to a boil. Season and cook for four or five hours. Put in stock or bouillon cubes. (Use part milk if desired). Beat egg and pour soup over egg just before serving.

Notes on Use of Egg

Eggs are added to soup in the proportion of one egg to 2 or 4 servings, in the following manner: break egg into small bowl, beat lightly with fork, then add a small portion of hot soup, continuing the beating while adding. Add enough hot soup to thoroughly warm the egg and then add egg mixture to remainder of the soup.

VEGETABLES (Original)

ABOUT VEGETABLES

Boiling does the most damage to vegetables, yet it is used most frequently by the largest number of homemakers. Because there are methods that reduce the losses to a minimum, the modern woman should remember that boiling is to be used least often, and always to be overbalanced by the better methods.

Most of the mineral salts occurring in vegetables are easily dissolved in water and the loss of vitamins during boiling takes place in several ways. They may be destroyed by overheating, by prolonged exposure to the air, and by dissolving out in the cooking water. When this is drained off and discarded, the principal food values gained by the intelligent buying of vegetables have been thrown away.

In every case, only the smallest possible amount of water should be used and it should be boiling rapidly when the vegetables are dropped in. Then the heat reduced when vegetables are at the boiling temperature. They should be cooked only until just tender.

TO BOIL VEGETABLES PROPERLY: Methods must be selected according to the color:

1. The green vegetables are best cooked in an uncovered kettle in water that is slightly alkaline to retain the color. A bit of baking soda the size of a pinhead may be used to intensify the color, but it is not recommended for continual use (except for the part of the country where the drinking water is always slightly acid) because it reduces the vitamin content and breaks down the texture. Cook **ONLY** until tender. If overcooked, green vegetables turn brownish because of the chemical changes in the coloring matter, the fine flavor is ruined, while food values are lost.

2. White fresh vegetables such as cabbage, cauliflower and onions are strong flavored, due to their special oils. Hard water changes these oils so that the white color turns to yellow or brown. To prevent this, add 1 teaspoon of lemon juice or white vinegar. Drop the vegetables into enough rapidly boiling water to cover and cook with the kettle uncovered until just tender to the fork. Add the drained water, if any, to your soup.



KODAKONE BY CHARLES R. NELSON

Fishing in Stream near Valdez

broiling, sauteing, panning, pressure cooking or combinations of methods, according to your family's desires.

ARTICHOKES

Trim off stems and tops and rinse. Cook 2 hours well covered with near-boiling water, adding 1 tablespoon salt and 4 tablespoons vinegar. Turn over frequently. Cook in large pot, about three at a time. Serve cold with melted butter or mayonnaise.

ASPARAGUS WITH CREAMY CHEESE SAUCE

4 tbs. butter	$\frac{1}{8}$ tsp. pepper
$\frac{1}{2}$ tsp. salt	$2\frac{1}{2}$ cups milk
4 tbs. flour	1 cup grated American cheese

Melt butter in top of double boiler, blend in flour; add milk and

3. The red color in vegetables is produced by acid and needs to be kept that way. Tomatoes usually have enough acid of their own to keep the color, but beets and red cabbage need a teaspoon of lemon juice or white vinegar. Cook in a small amount of water in a covered kettle.

4. Yellow vegetables are among the most valuable and stable. That rich yellow color is not only beauty but actually the foundation of vitamin A. Not much damage can be done to it, although the minerals and other vitamins can still be destroyed if the vegetable is carelessly handled. Cook covered in a minimum amount of water. Vegetables may be prepared by other methods, such as cook until sauce is thick. Add seasonings and cook for 10 minutes. Add cheese and cook until cheese is melted. Pour over cooked asparagus. This sauce is also used on cooked head of cauliflower.

BOSTON BAKED BEANS

(Serves 6 to 8)

4 cups dried navy beans	1 medium size onion—or $\frac{1}{2}$ tsp.
$\frac{3}{4}$ cup dark molasses	onion salt
$\frac{1}{2}$ tsp. black pepper (should have)	$\frac{1}{2}$ lb. salt pork or ham hock
	$\frac{3}{4}$ cup brown sugar
$\frac{1}{2}$ cup ketchup, or chili sauce	$\frac{1}{2}$ tsp. salt

(can be left out)

Wash and soak beans overnight (or at least four hours) in two quarts of water. Parboil on high heat, until turbulent boiling, then simmer for four hours or until beans are tender, but not cooked to

pulp. One or two cups water may be required to keep from boiling too dry before beans are tender. If seasoning with salt pork, slice in half-inch sections through to rind and add to bean mixture. If the ham hock is used, use rind and all.

After parboiling, if ham is used, remove meat from bone, flake in small pieces, slice onion, add ketchup or chili sauce, salt and pepper, mix into beans thoroughly.

Pour into a baking dish. If no bean pot is available, use Pyrex baking dish. If salt pork is used, place in center of baking dish or bean pot, nest fashion, surrounded by beans.

Spread brown sugar evenly over contents of pot; then pour molasses carefully so that it covers smoothly the entire mass, cover with a lid, place in cold oven, set at 325, and bake 4 hours.

To vary the flavor, shredded green peppers may be added, or the onions, onion salt, or chili sauce or ketchup may be left out. The MUSTS, however, are beans, brown sugar, molasses and salt pork or ham.

Beans MUST be cooked well done but not pulpy, before placing in a baking dish. Hence the simmering. Continuous rolling boiling tends to use too much water and the flavor of the beans is lost, besides making a pulpy mass. Do not drain the beans before placing in baking dish. They should not be watery, but must have a soupy residue in order to dissolve properly the sugar and molasses; otherwise a hard crust will be formed around the beans, making them dry and brittle.

BAKED BEANS WITH SHERRY WINE

Whether you select a long cooking method or one of the short cuts, the addition of domestic sherry wine, out outlined below, and which addition takes place when the cooking or reheating process is about half finished, will add a great deal to the flavor of the finished product.

Prepare baked beans in your favorite manner and during the last half of the baking period add 1 cup domestic sherry wine for each pound of beans used. Unless you are particularly fond of salt pork or bacon with baked beans, try them prepared with small pieces of raw smoked ham added to the beans, in the beginning of the baking period.

BAYO BEANS (Sourdough Style)

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|-------------------|---------------|
| 2 lbs. bayo beans | 1 tbs. salt |
| ½ lb. bacon diced | ½ tsp. pepper |
| 1 medium onion | |

Soak beans overnight, parboil about twenty minutes—drain, add bacon and onions and boil until tender then add salt and pepper. Before serving these, heat the amount you want for each meal in a skillet with two or three tablespoons of bacon fat. When served on a plate, add one teaspoon of sugar and a scant teaspoon of vinegar to each serving. It is wise to let each person season his own. Serves 10.

MEXICAN GREEN BEANS

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|----------------------|----------------------------------|
| 1 tbs. chopped onion | ½ tsp. salt |
| 2 tbs. salad oil | 1 No. 2 can green beans, drained |
| ⅓ cup chili sauce | |

Cook onion in salad oil until soft; add chili sauce, salt and beans. Cook only until thoroughly heated, stirring often. Serves 6.

SMOTHERED CABBAGE

Melt 2 tablespoons bacon or other fat in a deep, heavy pan. Shred and add a medium-sized cabbage, ½ cup water. Salt and pepper to taste. Cover and simmer for twenty minutes. Then stir in ½ cup sweet cream and 3 tablespoons cider vinegar. Cover and simmer an additional 5 minutes before serving. This makes 4 or 6 servings.

CORN CUSTARD

- | | |
|---------------------------|-------------------------|
| 1 tbs. minced onion | 1 tsp. minced parsley |
| 1 tbs. chopped pepper | 1 cup milk |
| ½ tsp. salt | 1 cup soft bread crumbs |
| 1 tbs. butter | 3 eggs beaten |
| 1 can No. 2 corn, creamed | |

Bake like custard in oven with 350 degree temperature for 40 minutes.

CORN FRITTERS

- | | |
|----------------------------|---------------------------|
| 6 large ears of sweet corn | 1 tbs. melted butter |
| 1 tbs. sugar | 3 eggs, beaten separately |

Salt and pepper to taste

Grate corn, add seasoning, butter and beaten yolks of eggs. Fold in beaten egg whites and fry in butter like pancakes. Serve hot with fresh sliced tomatoes.

Some years ago Better Homes and Gardens magazine sent a representative to several foreign countries with instructions to go into the homes of the people, see how they cooked, what they ate, and to bring back special recipes from each country. The following recipe came from Sweden, and this method of cooking peas brings out a delightful, delicate flavor that is not obtained from shelled peas.

SVENSKA ARTOR (Peas, Swedish Style)

2 lbs. fresh green peas	$\frac{1}{2}$ tsp. granulated sugar
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ cup melted butter or margarine
$\frac{1}{2}$ tsp. salt	

Wash the pea pods well. Cook in a covered saucepan with the boiling water, salt and sugar for about ten minutes, or until the peas are tender. To test, remove a pod from the boiling water and test the tenderness of the peas. Peas cooked in the pod cook more quickly than shelled peas; over-cooking will cause pods to open. Divide the melted butter among 6 tall cordial glasses or any small slender glasses, which have first been heated or rinsed in hot water so that the butter will remain in melted form. Pass the unshelled peas to a large bowl. The pods are taken in the fingers, dipped in melted butter, the peas drawn out into the mouth, and the pods discarded. Serves six. To serve 2 or 3, make half this recipe.

POTATO SOUFFLE

To 4 cups moist mashed potatoes, add 2 well beaten egg yolks; fold in 2 stiffly beaten egg whites. Turn into greased casserole and bake in moderately hot oven (375 to 400 degrees) for 15 minutes, or until lightly browned. Approximate yield: 6 portions.

This can be made in the morning and held in refrigerator until ready to put in oven. When I do this, I usually add about $\frac{1}{4}$ teaspoon baking powder in morning. When putting into oven cold, bake at 375 degrees for about 20 minutes, to be sure the dish is piping hot. I usually dot the top with butter, midway through baking.

SWEET POTATO CROQUETTES

Use buttered, seasoned, mashed sweet potatoes. Keep hot. Form into cone shape, beginning by applying potato around a large marshmallow.

Roll cones in crushed corn flakes, pressing smaller crumbs in and finishing with larger crumbs and pressing slightly, building your cones evenly with crumbs. Make cones in proportion to platter or plate to be served on. You must work quickly as the marshmallow is now softening.

While guests are being seated, slip the pan of croquettes in the oven, medium temperature. Leave in about 5 minutes or until crumbs are crispy and variegated brown.

MARSHMALLOW SWEET POTATOES DELUXE

8 medium sweet potatoes	1 tsp. cinnamon or nutmeg
2 tbs. butter	$\frac{1}{4}$ tsp. paprika
$\frac{1}{2}$ cup hot milk	1 cup chopped walnuts
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ lb. marshmallows

Cook sweet potatoes until tender, remove skins and mash. Add butter, milk, salt, cinnamon or nutmeg and paprika. Beat until free from lumps and light and fluffy. Fold in walnuts. Turn into a greased casserole, cover with marshmallows and bake in moderate oven (350 degrees) until mixture is heated through and marshmallows are brown. Serves 8.

VEGETABLE TAMALE

2 tbs. butter	2 cups uncooked noodles
1 onion (browned)	1 can corn
1 lb. ground round	1 can ripe olives
1 cup water	1 cup grated cheese
1 can tomatoes or tomato soup	

Saute onion and ground round in butter. Add to other ingredients in casserole and bake 45 minutes at 350 degrees.

ASPARAGUS WITH CREAMY CHEESE SAUCE

4 tbs. butter	$\frac{1}{8}$ tsp. pepper
$\frac{1}{2}$ tsp. salt	$2\frac{1}{2}$ cups milk
4 tbs. flour	1 cup grated American cheese

Melt butter in top of double boiler, blend in flour; add milk and

cook until sauce is thick. Add seasonings and cook for 10 minutes. Add cheese and cook until cheese is melted. Pour over cooked asparagus.

This sauce is also used on cooked head of cauliflower.

GOLDEN RICE

1/2 cup raw rice	1/4 tsp. pepper
3 cups shredded raw carrots	2 tsp. salt
1/2 lb. American cheese, shredded	2 tbls. chopped onion
2 eggs	1/2 cup milk

Cook rice in 2 quarts salted boiling water for 15 minutes. Add carrots, cook 5 minutes. Drain and rinse. Toss with cheese (save 1/2 for top), beaten eggs, pepper, salt, onion and milk. Place in casserole with cheese on top. Bake at 325 degrees until firm.

RICE FLAMBOYANT

Steam 3/4 cup of genuine long grain brown rice until nearly done. Place this in a casserole with one jar meat balls and gravy. Mix in 1/2 pint chopped ripe olives, 1/2 jar (30c) whole pimientos cut in long strips, and some of the liquid; 1 can mushroom soup with about 1/3 can of water or more and a little salt. Bake about an hour - 350 degrees until it starts to cook and then at 300 degrees. The addition of celery makes this dish very tasty. Leave out the meat balls and you have a vegetarian meal that tastes as though it had meat in it.

BAKED WILD RICE WITH MUSHROOMS

1 cup wild rice	1/2 tsp. salt
1/2 lb. mushrooms	1/8 tsp. pepper
1/4 cup butter	

Cook rice. Peel and slice mushrooms and saute in butter until lightly browned. Add to rice, mixing lightly; season with salt and pepper and turn into greased casserole. Bake in moderate oven (350 degrees) for 25 minutes, or until thoroughly heated.

Canned mushrooms can be substituted in this dish and serve equally well.

SCALLOPED TOMATOES

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| 1 can (No. 2½) solid pack tomatoes | 1 small onion, sliced |
| 1 medium sized cucumber, peeled and sliced | ½ cup buttered cracker crumbs |
| | Salt and pepper |
| | ½ cup grated cheese |

Place ⅓ of tomatoes in large casserole; add half of cucumber, onion and crumbs, and season with salt and pepper. Repeat with ½ of remaining tomatoes and remaining cucumber, onion and crumbs; top with remaining tomatoes and sprinkle with cheese. Bake in moderately hot oven (375 degrees) for 30 to 40 minutes. Approximate yield: 6 portions.

BROILED TOMATOES

Cut tomatoes in half crosswise, and put butter, salt and pepper on cut halves. Broil at 500 degrees about two or three minutes. Let cool. Mix chopped onion and mayonnaise and cover top of tomatoes. Top with cheese and cracker crumbs. Place under broiler long enough to heat.

FRIED TOMATOES

Wash firm, ripe or green tomatoes, remove stem ends and cut each crosswise in 3 or 4 slices. Dip in seasoned flour and fry in hot bacon drippings or butter about 2 minutes, turning to brown both sides. Lift from pan and put in hot serving dishes. Add 1 tbs. flour to fat left in pan, mix until smooth and add ¾ cup rich milk or light cream; cook 5 minutes or until smooth and slightly thickened, stirring constantly. Pour over tomatoes. Serve on toast.

This is an excellent supper dish, augmented with crisply fried bacon.

TOMATO AND CORN CASSEROLE

- | | |
|-------------------------------|---------------|
| 1 No. 2 can corn, cream style | 3 tbs. butter |
| 1 No. 2 can tomatoes | Pepper |
| 1 cup cracker crumbs | |

Alternate layers of tomatoes and corn. Dot each layer with butter and sprinkle with pepper and salt. Cover top layer with buttered cracker crumbs and bake in moderate oven around thirty minutes. Serve hot.

DILLWORTH PUDDING

Especially good served with baked ham.

1 10-oz. can tomato puree (Campbell's tomato soup may be substituted).

$\frac{1}{4}$ cup boiling water

1 cup brown sugar

$\frac{1}{4}$ tsp. salt

1 cup fresh white bread cubes

use unsliced bread cut in 1-inch cubes

$\frac{1}{2}$ cup melted butter

Add sugar and salt to puree and boil for 5 minutes. Add melted butter. Place bread cubes in casserole and pour boiling water over them. Add hot tomato mixture. Bake in covered casserole for 30 minutes at 375 degrees. Serve as vegetable.

SMOTHERED CABBAGE

Melt 2 tablespoons bacon or other fat in a deep, heavy pan. Shred and add a medium-sized cabbage, $\frac{1}{2}$ cup water. Salt and pepper to taste. Cover and simmer for twenty minutes. Then stir in $\frac{1}{2}$ cup sweet cream and 3 tablespoons cider vinegar. Cover and simmer an additional 5 minutes before serving. This makes 4 or 6 servings.

CABBAGE ROLLS

$2\frac{1}{2}$ cups ground round steak

2 cups cooked rice

1 small onion, minced (may be ground with meat)

1 tsp. salt, dash pepper and savory salt

Large cabbage leaves, wilted in boiling water for 3 or 4 minutes

Mix meat, rice, onion and seasoning. Cut large leaves from new cabbage which peels easily. Before using leaves, cut heavy cord from back of each leaf so it will roll more easily. Put spoonfuls of meat mixture in cabbage leaf, roll and tie with string or thread. Brown rolls in skillet. Remove rolls to baking dish and make gravy from drippings. Add gravy to rolls and bake in covered dish for about one hour in moderate oven. Remove strings from rolls before serving. Serves 6.

SOURKRAUT DELUX

1 can sourkraut 1/3 cup butter
3/4 cup brown sugar

Place layer of sourkraut in bottom of baking dish. Sprinkle brown sugar over the top and dot with butter. Continue doing so until dish is full. Place in oven and bake for 1 hour, 350 degrees.

BAYO BEANS — Sourdough Style

2 lbs. bayo beans One tablespoon salt
1/2 lb. bacon diced 1/2 tsp. pepper
One medium onion

Soak beans overnight, parboil for about twenty minutes, drain, add bacon and onions and boil until tender then add salt and pepper. Before serving these, heat the amount you want for each meal in a skillet with two or three tablespoons of bacon fat. When served on a plate, add one teaspoon of sugar and a scant teaspoon of vinegar to each serving. It is wise to let each person season his own. Serves 10.

MEXICAN GREEN BEANS

1 tbs. chopped onion 1/2 tsp. salt
2 tbs. salad oil 1 No. 2 can green beans, drained
1/3 cup chili sauce

Cook onion in salad oil until soft; add chili sauce, salt and beans. Cook only until thoroughly heated, stirring often. Serves 6.

SAUERRUBEN

This is sauerkraut made of turnips instead of cabbage. It can be made kitchen style, in two-quart jars. I got the recipe from U. S. department of agriculture bulletin No. 389, and used it both this summer and last, so know what a fine product it makes. Used Purple Top Milan turnips, one of recommended varieties. White turnips of medium size, at their prime, should be used. They are shredded as soon after picking as possible. Immediately salted and transferred to the jars, so they will not darken. Salt is used at the rate 7 tablespoons to ten pounds of shredded turnips. It

takes four pounds of turnips to fill a two-quart jar. Use jar lids with enamel or some protection against acid juice. Don't tighten lids for several days. Place the jars with lids loose on enamel pans or plates, in a place where the temperature doesn't range much beyond 68 to 80 — 70 to 75 is preferred. Each 24 hours take a wooden spoon and push the shreds and juice down into the jars. Pour back into the jars whatever juice overflows. After 3 or 4 days the juice will no longer overflow and the lids may be tightened. Can be used raw, salad fashion, or cooked.

ARTICHOKES

Trim off stems and tops and rinse. Cook 2 hours well covered with near-boiling water, adding 1 tablespoon salt and 4 tablespoons vinegar. Turn over frequently. Cook in large pot, about three at a time. Serve cold with melted butter or mayonnaise.



KODACHROME BY CHARLES R. NELSON

Sunset on Cook Inlet

**"Now I've had my lazy supper, and the level sun is gleaming
On the water where the silver salmon play;
And I light my little corn-cob, and I linger, softly dreaming,
In the twilight, of a land that's far away."**

—Excerpt from "The Rhyme of the Remittance Man"

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